

Parks & Recreation

Fall 2014 Program Guide



1874

PARKS & RECREATION
Nationally Accredited Agency &
2013 Gold Medal Award Winner



Youth Flag Football • Friday Night Lights

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Erie Parks &
Recreation is
Nationally
Accredited!



Erie Parks &
Recreation is a 2013
National Gold Medal
Award Winner!

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QUICK GUIDE FOR PARENTS

Activities (ages 0-5)

| | |
|--------------------------------|-------|
| Arts and Crafts | 20 |
| Babysitting (KidStation) | 4 |
| Birthday Parties | 40 |
| Climbing | 14-15 |
| Dance | 18 |
| Gymnastics | 19 |
| Karate | 17 |
| Kindermusik | 16 |
| Mini-Miners Playground | 4 |
| Piano Lessons | 16 |
| Skateboarding | 20 |
| Swimming Lessons | 8-9 |
| Youth Sports | 26-29 |

Activities (ages 6-12)

| | |
|--------------------------------|-------|
| Arts and Crafts | 20 |
| Babysitter's Training | 16 |
| Babysitting (KidStation) | 4 |
| Birthday Parties | 40 |
| Camp Erie | 21 |
| Climbing | 14-15 |
| Dance | 18-19 |
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| Hunter Education | 16 |
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| Mini-Miners Playground | 4 |
| Piano Lessons | 16 |
| Sewing | 19 |
| Skateboarding | 20 |
| Swimming Lessons | 8-9 |
| T-Town | 4 |
| Youth Sports | 26-29 |

Activities (ages 13-17)

| | |
|---------------------------------|-------|
| Babysitter's Training | 16 |
| Belay Certification | 14 |
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| T-Town | 4 |
| Youth Sports | 26-29 |

TOWN OF ERIE | COMMUNITY RESOURCES

AIRPORT: 303-664-0633

BOARDS & COMMISSIONS: 303-926-2731

COMMUNITY

| | |
|--------------------------|--------------|
| Cemetery (Mt. Pleasant): | 303-926-2731 |
| Citizens Police Academy: | 303-926-2800 |
| Erie Community Center: | 303-926-2550 |
| Erie Community Library: | 720-685-5200 |
| Neighborhood Watch: | 303-926-2800 |

DEPARTMENTS

| | |
|------------------------|--------------|
| Administration: | 303-926-2710 |
| Community Development: | 303-926-2770 |
| Finance: | 303-926-2700 |
| Parks & Recreation: | 303-926-2550 |
| Police: | 303-926-2800 |
| Public Works: | 303-926-2870 |
| Economic Development: | 303-926-2769 |
| Human Resources: | 303-926-2744 |

EMERGENCY SERVICES

| | |
|-----------------------------|--------------|
| Emergency: | 911 |
| Fire Dept. Non-Emergency: | 303-772-0710 |
| Police Dept. Non-Emergency: | 303-926-2800 |

INFORMATION

| | |
|-----------------------------|--------------|
| Erie Gov't TV & Web Site: | 303-926-2761 |
| Public Information & Media: | 303-926-2764 |
| Public Records: | 303-926-2731 |

LICENSES & PERMITS

| | |
|---------------------------------|--------------|
| Building Inspections & Permits: | 303-926-2780 |
| Business Licenses: | 303-926-2770 |
| Dog Licensing: | 303-926-2700 |
| Special Events Permit: | 303-926-2731 |

PARKS & RECREATION

| | |
|------------------------|--------------|
| Erie Community Center: | 303-926-2550 |
| Active Adults 60+: | 303-926-2795 |

PLANNING & ZONING

| | |
|------------------------|--------------|
| Community Development: | 303-926-2770 |
|------------------------|--------------|

POLICE & COURTS

| | |
|-----------------------------|--------------|
| Code Enforcement: | 303-926-2800 |
| Municipal Court: | 303-926-2851 |
| Police Dept. Non-Emergency: | 303-926-2800 |
| Police Records: | 303-926-2800 |

WATER & WASTEWATER

| | |
|-----------------------------|--------------|
| Utility Billing: | 303-926-2752 |
| Water Conservation: | 303-926-2870 |
| Water Meters: | 303-926-2880 |
| Water Reclamation Facility: | 303-926-2860 |

VOTER REGISTRATION & ELECTION INFORMATION

| | |
|-------------|--------------|
| Town Clerk: | 303-926-2731 |
|-------------|--------------|



WWW.ERIECO.GOV



ENGAGE.ERIECO.GOV



WWW.ERIECO.GOV/FACEBOOK



WWW.ERIECO.GOV/TWITTER



WWW.YOUTUBE.COM/ERIECOLORADO

Mission, Policies & Staff

PARKS & RECREATION DEPARTMENT MISSION

The Parks & Recreation Department inspires our community to come together, learn, grow and be active, healthy and well by delivering exceptional parks, open spaces, trails, facilities, programs and services.

POLICIES

COMMUNITY CENTER POLICIES

- All guests utilize the Center and participate in activities at their own risk
- Children ages 0-9 must be supervised by a guest 14 years of age or older, unless the child is participating in a Center supervised program; please see Guest Service for specific policies regarding fitness equipment and children. Children 7-9 years old, however, are allowed in T-Town while their parent/guardian(s) are in the Center. Parents cannot drop off their child and leave the Center. Parents must sign in their child at Guest Service, where they will receive a wristband for their child to wear in the Center. Parents must also indicate where they will be in the Center while their 7-9 year old is in T-Town. T-Town will not be staffed
- Please dress appropriately when in the Center. Shoes and shirts are required at all times (except in the pool). Non-marking shoes are required in the gymnasium, racquetball courts, and fitness studio. Proper swim attire is required in the pool area including mesh-lined trunks for males; swim suits for females (street clothes are prohibited). Athletic attire, including closed toe athletic shoes, are required in the fitness areas
- Guests are strongly encouraged to bring their own lock to secure clothing and valuables in lockers. Locks are also available for sale at Guest Service. Locks and property must be removed each night
- A valid form of identification is required for equipment check-out. Acceptable forms of ID include a Center pass, school ID, or library card. Driver's licenses, keys, and credit cards will not be accepted
- Smoking devices, tobacco, and weapons are prohibited in the Center
- Animals are prohibited unless service animals accompanying persons with disabilities
- Please be aware of and follow all posted Center rules and guidelines

CODE OF CONDUCT

The Town of Erie expects reasonable and appropriate behavior from those who visit and use the facilities and participate in activities. The Parks & Recreation Department has established a code of conduct to ensure safety and enjoyment and reserves the right to deny admission and/or take disciplinary action against any individual violating the code of conduct. A violation includes, but is not limited to, the use of obscene language or gestures, disorderly conduct, theft, public intoxication, use of drugs, sexual misconduct, indecency, harassment, failure to cooperate with staff, possession of weapons of any kind, non-compliance with established policies and rules, an unlawful activity and any other behavior deemed offensive or unacceptable. Staff will enforce this code of conduct.

NON-DISCRIMINATION POLICY

The Town of Erie does not discriminate on the basis of age, race, sex, color, religion, national origin, disability, veteran status, sexual orientation or any other status protected by law.

AMERICANS WITH DISABILITIES ACT

The Parks & Recreation Department is committed to supporting individuals with disabilities and we are happy to discuss any special accommodations or adaptations necessary for participation. Please contact the Center at 303-926-2550 for assistance requests or inquiries.

WE TRY TO BE ACCURATE!

We make every effort to ensure the accuracy of the information in this guide. Information is subject to change.

TOWN OF ERIE OFFICIALS AND STAFF

BOARD OF TRUSTEES

| | |
|------------------|---------------|
| Mayor | |
| Tina Harris | |
| Trustees: | |
| Scott Charles | Janice Moore |
| Mark Gruber | Waylon Schutt |
| Jennifer Kramer | Dan Woog |

TOWN OFFICIALS & STAFF

| | |
|---|--|
| Town Administrator | |
| A.J. Krieger | |
| Communications & Marketing Coordinator | |
| Katie Jenkins | |

PARKS & RECREATION DEPARTMENT STAFF

| | |
|---|------------------|
| Parks & Recreation Director | Farrell Buller |
| Recreation Division Manager | Rob Cook |
| Administrative Coordinator | Vacant |
| Administrative Assistant..... | Ashley Seader |
| Active Adults 60+ Coordinator..... | Cindy Gerhardt |
| Aquatics Coordinator..... | Karen Newlon |
| Aquatics - Head Lifeguard | Avalon Mays |
| Aquatics - Head Lifeguard | Matt Brown |
| Fitness & Wellness Coordinator..... | Shondra Frogge |
| General Programs Coordinator..... | Megan Langerak |
| General Recreation Specialist | Sarah Driver |
| Guest Service & Member Relations Coordinator..... | Charlene LeRoy |
| Guest Service Lead..... | Erin Black |
| Guest Service Lead..... | Kory Nicholson |
| Sports Coordinator | Alexis Rankey |
| Sports Specialist..... | Matthew David |
| Special Events | Michelle Mendoza |

Center Information

CONTACT INFORMATION

450 Powers Street
P.O. Box 1110
Erie, CO 80516
303.926.2550
www.erieco.gov/erieparksandrec

2014 CENTER HOURS OF OPERATION:

| | |
|-------------------|--------------------|
| Monday - Thursday | 5:30 am - 9:00 pm* |
| Friday | 5:30 am - 7:00 pm* |
| Saturday | 7:00 am - 7:00 pm* |
| Sunday | 8:00 am - 6:00 pm* |

*Pool closes 30 minutes prior to the Center

2014 HOLIDAY HOURS:

| | | |
|------------------|----------------|--------------------|
| New Year's Day | January 1 | Closed |
| Easter Sunday | April 20 | Closed |
| Memorial Day | May 26 | 8:00 am - 3:00 pm |
| Independence Day | July 4 | 8:00 am - 3:00 pm |
| Maintenance Week | August 16 - 24 | Closed |
| Labor Day | September 1 | 8:00 am - 3:00 pm |
| Thanksgiving Day | November 27 | 5:30 am - 12:30 pm |
| Christmas Eve | December 24 | 5:30 am - 12:30 pm |
| Christmas Day | December 25 | Closed |
| New Year's Eve | December 31 | 8:00 am - 3:00 pm |

FACILITY RENTALS

Looking for a place to hold your next function, meeting, or celebration? The multipurpose rooms, kitchen, indoor playground, climbing wall, gymnasium, fitness studio, and pool are all available for rental. For availability, please contact the Center. See page 42 for facilities and amenities.

RACQUETBALL

- Racquetball reservations are taken 48 hours in advance by contacting the Center (No charge to passholders and day pass users)
- Racquetball goggles and racquet wrist straps are highly recommended
- The length of time for a court reservation is 1 hour

EQUIPMENT CHECK OUT

A variety of equipment is available for check out at no charge including: basketballs, volleyballs, racquetball racquets, racquetballs and goggles, and climbing harnesses.



TENNIS

- Tennis reservations are taken 48 hours in advance for the two north tennis courts (1 & 2) by contacting the Center (No charge)
- The length of time for a court reservation is 1 hour
- The two south tennis courts (1 & 2) will remain available on a first come, first served basis for drop-in play (no reservations accepted)

The Parks & Recreation Department may schedule programs and or leagues on the tennis courts; therefore, at times they will be unavailable for reservations and/or drop-in play.

Tennis courts are open for use from March 15 - November 15.

KIDSTATION HOURS OF OPERATION:

| | |
|-------------------|-------------------|
| Monday - Friday | 8:00 am - 1:00 pm |
| Monday - Thursday | 4:00 - 8:00 pm |
| Saturday | 7:00 am - 1:00 pm |
| Sunday | 8:00 am - 1:00 pm |

- Free with Annual Pass
- Ages 6 months - 6 years
- Parents must remain in the Center (outdoor fitness classes are the only exception)
- 90 minute maximum
- Drop-in on a space available basis
- Photo ID required at check-in and will be returned at pick-up

KidStation Fees:

| Resident | Non-Resident |
|---|---|
| \$3/hr for 1st child without annual pass; \$1.50 each addl child in same family | \$3.75/hr for 1st child without annual pass; \$2 each addl child in same family |
| 40 Punch Card = \$75 without annual pass | 40 Punch Card = \$95 without annual pass |

MINI-MINERS INDOOR PLAYGROUND HOURS OF OPERATION:

| | |
|-------------------|--------------------|
| Monday - Thursday | 11:30 am - 8:30 pm |
| Friday | 10:30 am - 6:30 pm |
| Saturday | 8:00 am - 6:30 pm |
| Sunday | 8:00 am - 5:30 pm |

- Play equipment is for ages 9 and under; no children over 4 years in toddler area
- All children must be supervised by an adult at all times
- Socks must be worn at all times - no shoes
- No food or drinks permitted

T-TOWN (INTERACTIVE GAME ROOM) HOURS OF OPERATION:

| | |
|-------------------|-------------------|
| Monday - Thursday | 8:00 am - 8:30 pm |
| Friday | 8:00 am - 6:30 pm |
| Saturday | 8:00 am - 6:30 pm |
| Sunday | 8:00 am - 5:30 pm |

- T-Town is for ages 7-13
- 7-9 year olds must be signed in by their parent/guardian at Guest Service
- Please follow posted instructions for use of all equipment and observe posted rules

Center Fees

ERIE COMMUNITY CENTER - FEES FOR 2014*

| | Adult (18-59) | Youth (4-17) | Active Adult (60+) | Active Adult Couple (60+) | Couple | Family |
|-----------------|------------------|-----------------|-----------------------|------------------------------|--------|--------|
| Annual Pass | | | | | | |
| Resident | \$365 | \$185 | \$219** | \$375** | \$625 | \$719 |
| Non-Resident | \$455 | \$229 | \$275** | \$469** | \$779 | \$899 |
| 3 - Month Pass | | | | | | |
| Resident | \$105 | \$49 | \$59 | \$105 | \$179 | \$199 |
| Non-Resident | \$129 | \$59 | \$75 | \$129 | \$225 | \$249 |
| 10 - Visit Pass | | | | | | |
| Resident | \$39 | \$39 | \$39 | - | - | - |
| Non-Resident | \$49 | \$49 | \$49 | - | - | - |
| Daily Admission | | | | | | |
| Resident | \$4.50 | \$2.25 | \$2.70 | - | - | \$10 |
| Non-Resident | \$5.50 | \$2.75 | \$3.40 | - | - | \$12 |

* Subject to change

PASS INFORMATION

- ** = If you turn 60 within 3 months of starting an annual pass, you qualify for the active adult rate
- Couple = 2 adults residing at the same physical address
- Active Adult Couple = 2 persons residing at the same physical address - both of the age 60+
- Family = up to 2 adults and 2 children (17 or younger) residing at the same physical address; \$75 for each additional person (Annual Pass); \$20 for each additional person (3- Month Pass)
- Children 3 years and younger are free
- 10 - Visit Passes will expire 6 months from purchase date
- Annual passes may be paid by auto-debit
Please contact the Center for more information

CORPORATE PASSES

- Valid for Annual or 3-Month passes only
- Applies to employees of businesses located within the town limits (with a business license) and their families
- Discounts applied to relevant Resident or Non-Resident rate
- Pay stub or letter from employer to validate
- 10% discount for 2-9 employees purchasing passes; 15% discount for 10-14; 20% discount for 15 or more

REDUCED RATE ASSISTANCE PROGRAM

The Town of Erie provides a program for eligible participants which will reduce pass fees and recreation activity participation fees. Households that qualify for federally funded assistance programs are eligible. Please contact the Center for more information. Must be a resident of Erie.

OFF-PEAK ANNUAL PASS

- Fee: R \$185 / NR \$229
- Pass is only valid between the hours of 1:30 pm and 3:30 pm, 7 days a week

WHAT IS INCLUDED IN PASS FEES AND DAILY ADMISSION FEES?

Pass fees and daily admission fees include use of the fitness and weight equipment, running track, locker rooms, racquetball courts (subject to availability), drop-in fitness classes, designated open gym, use of NEOS, open swim and specified climbing times (see page 14). Belay rides are free during supervised open climb times to all annual pass holders. KidStation is also free to all annual pass holders. Access to T-Town, Mini-Miners indoor playground, and Columbine Lounge (ages 60+) is free of charge. Other Center areas and programs may require additional fees.

PASS REFUND/CANCELLATION POLICY

KidStation punch cards are non-refundable and non-transferable. 10-Visit passes are non-refundable but transferable.

Annual and 3-Month passes are subject to a cancellation fee:
\$50 for the 1st person
\$25 for the 2nd person
\$10 for each additional person

Annual passes purchased by auto-debit are subject to a cancellation fee: a \$25 fee and forfeiture of the last month's payment which has been paid in advance. Cancellation requests must be received by the 10th of the month. Cancellation requests received after the 10th of the month are subject to the cancellation fee in addition to forfeiture of the current month's first and last month's payment.

Pool Schedule

August 25 - December 21, 2014 (subject to change)

| MONDAY | | | | | |
|---|---|--|--|----------------------------|---|
| RIVER | LAP POOL | ZERO DEPTH | SLIDE | ROPE | SWIM PROGRAMS |
| Adult Only • 5:30 - 7:00 am Hydro Pump • 7:00 - 8:00 am Adult Only • 8:00 - 9:00 am Closed • 9:00 - 11:15 am Hydro Pump • 9:30 - 10:30 am Open Swim • 11:15 am - 8:30 pm | 3 Lanes Available • 5:30 - 8:00 am H2O Aerobics • 8:00 - 9:00 am Arthritis Foundation • 9:00 - 10:00 am 2 Lanes Available • 10:00 am - 2:00 pm Open Swim • 2:00 - 4:00 pm Water Zumba • 4:00 - 5:00 pm 2 Lanes Available • 5:00 - 6:00 pm H2O Aerobics • 6:00 - 7:00 pm 1 Lane Available • 7:00 - 8:30 pm | Closed • 5:30 - 11:15 am Open Swim • 11:15 am - 8:30 pm | Closed • 5:30 am - 3:00 pm Open • 3:00 - 8:00 pm Closed • 8:00 - 8:30 pm | Closed • 5:30 am - 8:30 pm | Swim Lessons • 9:00 - 11:15 am Adult Swim Lessons • 7:15 - 8:00 pm |

| TUESDAY | | | | | |
|--|--|---|--|--|---|
| RIVER | LAP POOL | ZERO DEPTH | SLIDE | ROPE | SWIM PROGRAMS |
| Adult Only • 5:30 - 7:00 am Hydro Pump • 7:00 - 8:00 am Adult Only • 8:00 - 9:00 am Closed • 9:00 - 11:15 am Hydro Pump • 10:00 - 10:30 am Open Swim • 11:15 am - 3:50 pm Closed • 3:50 - 7:00 pm Hydro Pump • 6:00 - 7:00 pm Open Swim • 7:00 - 8:30 pm | 3 Lanes Available • 5:30 - 8:00 am H2O Aerobics • 8:00 - 9:00 am Low Impact • 9:00 - 10:00 am Deep Water • 9:30 - 10:00 am 2 Lanes Available • 10:00 am - 12:00 pm Masters Swim Only • 12:00 - 1:00 pm 2 Lanes Available • 1:00 - 2:00 pm Open Swim • 2:00 - 4:00 pm 1 Lane Available • 4:00 - 7:00 pm Open Swim • 7:00 - 8:30 pm | Closed • 5:30 - 11:15 am Open Swim • 11:15 am - 3:50 pm Closed • 3:50 - 6:45 pm Open Swim • 6:45 - 8:30 pm | Closed • 5:30 am - 3:00 pm Open • 3:00 - 3:50 pm Closed • 3:50 - 6:45 pm Open • 6:45 - 8:00 pm Closed • 8:00 - 8:30 pm | Closed • 5:30 am - 7:00 pm Open • 7:00 - 8:00 pm Closed • 8:00 - 8:30 pm | Swim Lessons • 9:00 - 11:15 am Masters Swim • 12:00 - 1:00 pm Swim Lessons • 4:00 - 6:30 pm |

| WEDNESDAY | | | | | |
|---|--|--|--|----------------------------|--|
| RIVER | LAP POOL | ZERO DEPTH | SLIDE | ROPE | SWIM PROGRAMS |
| Adult Only • 5:30 - 7:00 am Hydro Pump • 7:00 - 8:00 am Adult Only • 8:00 - 9:00 am Closed • 9:00 - 11:15 am Hydro Pump • 9:30 - 10:30 am Open Swim • 11:15 am - 8:30 pm | 3 Lanes Available • 5:30 - 8:00 am H2O Aerobics • 8:00 - 9:00 am Arthritis Foundation • 9:00 - 10:00 am 2 Lanes Available • 10:00 am - 2:00 pm Open Swim • 2:00 - 4:00 pm Water Zumba • 4:00 - 5:00 pm 2 Lanes Available • 5:00 - 6:00 pm H2O Aerobics • 6:00 - 7:00 pm 2 Lanes Available • 7:00 - 8:30 pm | Closed • 5:30 - 11:15 am Open Swim • 11:15 am - 8:30 pm | Closed • 5:30 am - 3:00 pm Open • 3:00 - 8:00 pm Closed • 8:00 - 8:30 pm | Closed • 5:30 am - 8:30 pm | Swim Lessons • 9:00 - 11:15 am Lifeguard Readiness • 7:00 - 8:00 pm (October 29 - November 19) |

| THURSDAY | | | | | |
|--|---|---|--|--|---|
| RIVER | LAP POOL | ZERO DEPTH | SLIDE | ROPE | SWIM PROGRAMS |
| Adult Only • 5:30 - 7:00 am Hydro Pump • 7:00 - 8:00 am Adult Only • 8:00 - 9:00 am Closed • 9:00 - 11:15 am Hydro Pump • 10:00 - 10:30 am Open Swim • 11:15 am - 3:50 pm Closed • 3:50 - 7:00 pm Hydro Pump • 6:00 - 6:30 pm Open Swim • 6:45 - 8:30 pm | 3 Lanes Available • 5:30 - 8:00 am H2O Aerobics • 8:00 - 9:00 am Low Impact • 9:00 - 10:00 am Deep Water • 9:30 - 10:30 am 2 Lanes Available • 10:00 am - 12:00 pm Masters Swim Only • 12:00 - 1:00 pm 2 Lanes Available • 1:00 - 2:00 pm Open Swim • 2:00 - 4:00 pm 1 Lane Available • 4:00 - 6:30 pm Deep Water • 6:30 - 7:00 pm Open Swim • 7:00 - 8:30 pm | Closed • 5:30 - 11:15 am Open Swim • 11:15 am - 3:50 pm Closed • 3:50 - 6:45 pm Open Swim • 6:45 - 8:30 pm | Closed • 5:30 am - 3:00 pm Open • 3:00 - 3:50 pm Closed • 3:50 - 6:45 pm Open • 6:45 - 8:00 pm Closed • 8:00 - 8:30 pm | Closed • 5:30 am - 7:00 pm Open • 7:00 - 8:00 pm Closed • 8:00 - 8:30 pm | Swim Lessons • 9:00 - 11:15 am Masters Swim • 12:00 - 1:00 pm Swim Lessons • 4:00 - 6:30 pm |

| FRIDAY | | | | | |
|---|---|---|--|--|---------------|
| RIVER | LAP POOL | ZERO DEPTH | SLIDE | ROPE | SWIM PROGRAMS |
| Adult Only • 5:30 - 7:00 am Hydro Pump • 7:00 - 8:00 am Adult Only • 8:00 - 9:30 am Hydro Pump • 9:30 - 10:30 am Open Swim • 10:30 am - 6:30 pm | 3 Lanes Available • 5:30 - 8:00 am H2O Aerobics • 8:00 - 9:00 am Arthritis Foundation • 9:00 - 10:00 am 2 Lanes Available • 10:00 am - 1:00 pm Open Swim • 1:00 - 4:00 pm 2 Lanes Available • 4:00 - 6:30 pm | Closed • 5:30 - 9:00 am Open Swim/No Features 9:00 - 10:00 am Open Swim • 10:00 am - 6:30 pm | Closed • 5:30 am - 3:00 pm Open • 3:00 - 6:00 pm Closed • 6:00 - 6:30 pm | Closed • 5:30 am - 3:30 pm Open • 3:30 - 4:00 pm Closed • 4:00 - 6:30 pm | |

| SATURDAY | | | | | |
|--|---|---|--|--|--|
| RIVER | LAP POOL | ZERO DEPTH | SLIDE | ROPE | SWIM PROGRAMS |
| Adult Only • 7:00 - 8:00 am Hydro Pump • 8:00 - 9:00 am Closed • 9:00 am - 12:00 pm Open Swim • 12:00 - 6:30 pm | Masters Swim • 7:00 - 8:00 am 2 Lanes Available • 8:00 - 9:00 am 1 Lane Available • 9:00 am - 12:00 pm 2 Lanes Available • 12:00 - 1:00 pm Open Swim • 1:00 - 6:30 pm | Closed • 7:00 am - 12:00 pm Open • 12:00 - 6:30 pm | Closed • 7:00 am - 12:00 pm Open • 12:00 - 6:00 pm Closed • 6:00 - 6:30 pm | Closed • 7:00 am - 1:00 pm Open • 1:00 - 3:00 pm Closed • 3:00 - 6:30 pm | Masters Swim • 7:00 - 8:00 am Swim Lessons • 9:00 am - 12:00 pm |

| SUNDAY | | | | | |
|--|---|---|---|--|---------------|
| RIVER | LAP POOL | ZERO DEPTH | SLIDE | ROPE | SWIM PROGRAMS |
| Adult Only • 8:00 - 10:00 am Open Swim • 10:00 am - 5:30 pm | 2 Lanes Available • 8:00 - 10:00 am Open Swim • 10:00 am - 5:30 pm | Closed • 8:00 - 10:00 am Open • 10:00 am - 5:30 pm | Closed • 8:00 - 10:00 am Open • 10:00 am - 5:30 pm | Closed • 8:00 am - 12:00 pm Open • 12:00 - 2:00 pm Closed • 2:00 - 5:30 pm | |

Swimming Lessons

AQUATICS PROGRAMS

American Red Cross Lifeguard Training (ages 15+)

Courses provide a generalized view of lifeguarding skills and practices. CPR/AED/First Aid for the Professional Rescuer included. Swimming skills pretest involves: swimming 300 meter continuous swim -100 meter front crawl, 100 meter breast stroke, 100 meter choice between front crawl or breast stroke; swim 20 meters - dive down to the 10ft and retrieve a diving brick and swim back. Registration ends one week prior to start of class.

Day: Saturday / Sunday /Monday /Tuesday
Dates: 6450.310 – November 22 – November 25
Time: 9:00 am – 5:00 pm
Fee: R \$119 / NR \$149

Masters Swim Team (ages 18+)

Masters Swim Team is designed for swimmers who have basic knowledge of the competitive strokes, but want to improve their competitive swimming skills. Swimmers will be working on all aspects of competitive stroke technique and drills, turns, and endurance. Masters Swim is offered Tuesdays, Thursdays and Saturdays. You are welcome to choose to join us once, twice or three times a week.

Day: Tuesday/ Thursday / Saturday
Time: 12:00 – 1:00 pm (Tue/Thurs)
7:00 – 8:00 am (Sat)
Fee: Resident 15 Punch Card = \$55.00
Non-Resident 15 Punch Card = \$69.00

American Red Cross Lifeguard Readiness (ages 15+)

So you think you want to be a lifeguard but you are not sure if you can pass the pre-test? This class will work on all he skills you will need to pass. The lifeguarding class pre-test includes 250 meters Front Crawl-50 Meters Breaststroke; 2 minutes treading water without hands; swim 20 meters, retrieve a 10 lbs. diving brick from 10 ft., swim back to shallow end, and exit the pool within 1:40.

Day: Wednesday
Dates: 6451.320 – October 29 – November 19
Time: 7:00 pm – 8:00 pm
Fee: R \$25 / NR \$29

American Red Cross Water Safety Instructor Training (ages 16+)

Pre-Requisite: 16 years old on or before the last day of class, proficient Front Crawl, Back Crawl, Breaststroke, Sidestroke, Elementary Backstroke and Butterfly. Learn the techniques and skills necessary to be an American Red Cross swim instructor. You must bring proof of age to the first class. Registration closes 1 week prior to the start of class due to online work that needs to be completed before class begins.

Day: Friday / Saturday / Sunday
Dates: 6461.310 – October 17 – October 19
Fee: R \$129 / NR \$159

SAFETY CHECK BREAKS

On weekends, we will clear the pool for a 10-minute safety check at the following times:

Saturdays: 2:50 pm & 4:50 pm
Sundays: 12:50 pm & 2:50 pm

Adults, 18 and older, will be allowed to swim in the pool and hot tub during this time, as well as any programmed swimming lessons. All other patrons will need to exit the pool during the safety check. During the safety check, it is important for children to check in with groups or family members, hydrate, go to the bathroom, and take a much-needed rest. Staff will be performing safety checks on the pool and pool equipment.

Please check with the Aquatic Management Team for the schedule for safety checks on holidays and no- school days.

SWIM TEST RULE

If a child **cannot** touch the bottom of the pool or needs to stand on their toes to keep their head out of the water, the child must go to the zero depth area (or where the child can touch the bottom of the pool), or be within arm's distance of their parent/guardian. All children, 16 years or younger, who want to use the deep end or rope swing must be swim tested. Swim tests can be requested by parent(s) or guardian(s) at the guard office. The swim test consists of swimming 15 meters without touching the bottom of the pool.



Swimming Lessons (cont.)

SWIMMING LESSONS

PARENT & CHILD AGES 6 MONTHS - 3

The following American Red Cross lessons run 30 minutes. These lessons strive for a 1:8 teacher to student ratio.

Swim - Parent & Child 1 (ages 6 mos. – 24 mos.)

Parents are taught to safely work with their children in the water, including how to appropriately support and hold their child in the water to prepare and encourage them to try basic water skills while helping the child feel comfortable in the water.

Parent & Child Level 2 (ages 18 mos. - 3)

Parent and child continue to improve on skills introduced in Level 1 to help prepare the child to perform basic water skills including safe ways to enter and exit the water, exploring submersion and changing body position in the water.

Parent & Child Combined (C) (ages 6 mos. - 3)

This program is designed to teach children how to become accustomed to the water through playful interactions and games. Parents learn how to support and hold their child properly while exploring basic water skills.

PRESCHOOL AGES 3 - 5

The following American Red Cross lessons run 30 minutes. These lessons strive for a 1:4 teacher to student ratio.

Preschool 1

Students will be taught basic water safety skills and basic arm and leg movements to help develop comfort in the water. In addition, students will learn to enter and exit the water independently and float with support.

Prerequisite: Child must be ready to participate in a group setting.

Preschool 2

Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. The use of simultaneous and alternating arm and leg actions on the front and back will help in the development of future stroke work.

Prerequisite: Pass Preschool 1; OR Go underwater without hesitation; comfortable floating on front and back with support.

Preschool 3

Students will be taught to perform the skills presented in Preschool 1 and 2 independently to reach greater distances and develop good coordination. The use of combined simultaneous arm and leg actions will continue to help the student build a foundation for proper stroke development.

Prerequisite: Pass Preschool 2; OR Independently floating on front and back for 5 seconds; forward movement through water.

YOUTH AGES 6 - 16

The following American Red Cross lessons run 30 minutes. These lessons strive for a 1:6 teacher to student ratio.

Level 1: Introduction to Water Skills

Students will be taught basic water safety to help build comfort in the water. Elementary aquatic skills such as putting your face in the water, floating with support and basic arm and leg movements will be taught to help build confidence in the water.

Prerequisite: Child must be ready to participate in a group setting.

Level 2: Fundamental Aquatic Skills

Students will build on their confidence in the water by learning to float independently and begin development of locomotion skills. Students will also further develop simultaneous and alternating arm and leg actions on the front and back for future stroke development.

Prerequisite: Pass Level 1; OR Go underwater without hesitation; comfortable floating on front and back with support.

Level 3: Stroke Development

Students will build on skills learned in Levels 1 and 2 and start to learn stroke proficiency in the front crawl and elementary backstroke. Students will also be introduced to the fundamentals of treading water to help build comfort in deep water.

Prerequisite: Pass Level 2; OR Independently floating on front and back for 5 seconds; forward movement through water.

Level 4: Stroke Improvement

Students will continue development of learned strokes (front crawl, elementary backstroke) to achieve greater distances and proficiency. Students will also be introduced to the back crawl, breaststroke, side stroke and butterfly to help build on their aquatic skills.

Prerequisite: Pass Level 3; OR Swim 15 yards front crawl with rotary breathing.

Level 5: Stroke Refinement

Students will refine their performance of all strokes (front crawl, back crawl, butterfly, breaststroke, sidestroke, and elementary backstroke) and increase their distances. Flip turns for the front crawl and back crawl will also be introduced.

Prerequisite: Pass Level 4; OR Swim 25 yards front and back crawl.

Level 6: Stroke Clinic

Stroke Clinic is designed for swimmers who can swim at least 50 meters. Stroke Clinic will refine your swimming skills for lifelong success in the water. Whether you are refining your strokes to become a lifeguard, join a swim team, or just learn to swim efficiently, this class is for you. This is a 45 minute class.



TEEN SWIM LESSONS AGES 13-18

This class is for all abilities and offers individualized instruction within a supportive group environment. The instructor works at your level to help you meet your swimming goals. Abilities can range from learning to conquer your fear of the water, developing your strokes or even training for swim team.

Fall Swim Lesson Registration Open Dates:

| | Resident | Non-Resident |
|-----------------------|--------------|--------------|
| SEPTEMBER SESSION | | |
| Monday & Wednesday AM | July 26 | August 2 |
| Tuesday & Thursday AM | | |
| Tuesday & Thursday PM | | |
| Saturday AM | | |
| OCTOBER SESSION | | |
| Monday & Wednesday AM | September 13 | September 15 |
| Tuesday & Thursday AM | | |
| Tuesday & Thursday PM | | |
| NOVEMBER SESSION | | |
| Monday & Wednesday AM | October 11 | October 13 |
| Tuesday & Thursday AM | | |
| Tuesday & Thursday PM | | |
| Saturday AM | | |
| DECEMBER SESSION | | |
| Monday & Wednesday AM | November 8 | November 10 |
| Tuesday & Thursday AM | | |
| Tuesday & Thursday PM | | |



Get the most out of Red Cross swim lessons with the Swim App. Created as a companion to the newly-updated Learn-to-Swim program (including Preschool Aquatics), this app will help you keep your swimmer motivated, while providing you the latest in water safety guidance to help ensure your family stays safe in, on and around the water. Download it directly from the Apple App Store, Google Play or Amazon Marketplace.

Swimming Lessons (cont.)

MONDAY & WEDNESDAY AM

| September | September 3 - September 24 | 4 Weeks | R \$35 / NR \$45 | | |
|------------------|----------------------------|-----------|------------------|----------|----------|
| October | September 29 - October 22 | 4 Weeks | R \$39 / NR \$49 | | |
| November | October 27 - November 19 | 4 Weeks | R \$39 / NR \$49 | | |
| December | December 1 - December 17 | 3 Weeks | R \$29 / NR \$39 | | |
| CLASS | TIME | SEPTEMBER | OCTOBER | NOVEMBER | DECEMBER |
| PARENT & CHILD C | 9:00 am | 6416.310 | 6416.320 | 6416.330 | 6416.340 |
| PRESCHOOL 1 | 9:00 am | 6410.310 | 6410.320 | 6410.330 | 6410.340 |
| | 10:10 am | 6410.311 | 6410.321 | 6410.331 | 6410.341 |
| PRESCHOOL 2 | 9:35 am | 6411.310 | 6411.320 | 6411.330 | 6411.340 |
| | 10:45 am | 6411.311 | 6411.321 | 6411.331 | 6411.341 |
| PRESCHOOL 3 | 9:35 am | 6412.310 | 6412.320 | 6412.330 | 6412.340 |
| | 10:10 am | 6412.311 | 6412.321 | 6412.331 | 6412.341 |

TUESDAY & THURSDAY AM

| September | September 2 - September 25 | 4 Weeks | R \$39 / NR \$49 | | |
|------------------|----------------------------|-----------|------------------|----------|----------|
| October | September 30 - October 23 | 4 Weeks | R \$39 / NR \$49 | | |
| November | October 28 - November 20 | 4 Weeks | R \$39 / NR \$49 | | |
| December | December 2 - December 18 | 3 Weeks | R \$29 / NR \$39 | | |
| CLASS | TIME | SEPTEMBER | OCTOBER | NOVEMBER | DECEMBER |
| PARENT & CHILD C | 9:00 am | 6416.314 | 6416.324 | 6416.334 | 6416.334 |
| PRESCHOOL 1 | 9:00 am | 6410.319 | 6410.329 | 6410.339 | 6410.349 |
| | 10:10 am | 6410.010 | 6410.023 | 6410.030 | 6410.041 |
| PRESCHOOL 2 | 9:35 am | 6411.314 | 6411.324 | 6411.334 | 6411.344 |
| | 10:45 am | 6411.011 | 6411.021 | 6411.031 | 6411.041 |
| PRESCHOOL 3 | 9:35 am | 6412.318 | 6412.328 | 6412.338 | 6412.348 |
| | 10:10 am | 6412.319 | 6412.329 | 6412.339 | 6412.349 |

TUESDAY & THURSDAY PM

| September | | September 2 - September 25 | | 4 Weeks | R \$39 / NR \$49 |
|------------------|---------|----------------------------|----------|----------|------------------|
| October | | September 30 - October 23 | | 4 Weeks | R \$39 / NR \$49 |
| November | | October 28 - November 20 | | 4 Weeks | R \$39 / NR \$49 |
| December | | December 2 - December 18 | | 3 Weeks | R \$29 / NR \$39 |
| CLASS | TIME | SEPTEMBER | OCTOBER | NOVEMBER | DECEMBER |
| PARENT & CHILD C | 5:10 pm | 6416.311 | 6416.321 | 6416.331 | 6416.341 |
| PRESCHOOL 1 | 4:00 pm | 6410.312 | 6410.322 | 6410.332 | 6410.342 |
| | 4:35 pm | 6410.318 | 6410.328 | 6410.338 | 6410.348 |
| | 5:45 pm | 6410.313 | 6410.323 | 6410.333 | 6410.343 |
| PRESCHOOL 2 | 4:00 pm | 6411.312 | 6411.322 | 6411.332 | 6411.342 |
| | 5:10 pm | 6411.313 | 6411.323 | 6411.333 | 6411.343 |
| PRESCHOOL 3 | 4:35 pm | 6412.312 | 6412.322 | 6412.332 | 6412.342 |
| | 5:45 pm | 6412.313 | 6412.323 | 6412.333 | 6412.343 |
| | LEVEL 1 | 4:00 pm | 6401.310 | 6401.320 | 6401.330 |
| LEVEL 2 | 4:35 pm | 6402.310 | 6402.320 | 6402.330 | 6402.340 |
| LEVEL 3 | 4:00 pm | 6403.312 | 6403.322 | 6403.332 | 6403.342 |
| | 4:35 pm | 6403.310 | 6403.320 | 6403.330 | 6403.340 |
| LEVEL 4 | 5:10 pm | 6404.310 | 6404.320 | 6404.330 | 6404.340 |
| LEVEL 5 | 5:45 pm | 6405.310 | 6405.320 | 6405.330 | 6405.340 |
| STROKE CLINIC | 5:45 pm | 6408.310 | 6408.320 | 6408.330 | 6408.340 |
| TEEN SWIM LESSON | 4:35 pm | 6409.310 | 6409.320 | 6409.330 | 6409.340 |

SATURDAY AM

| September | September 6 - October 18 | 7 Weeks | R \$35 / NR \$45 |
|------------------|--------------------------|-----------|------------------|
| November | October 25 - December 13 | 7 Weeks | R \$35 / NR \$45 |
| CLASS | TIME | SEPTEMBER | NOVEMBER |
| PARENT & CHILD 1 | 9:35 am | 6414.312 | 6414.322 |
| PARENT & CHILD 2 | 10:10 am | 6415.313 | 6415.323 |
| PRESCHOOL 1 | 9:00 am | 6410.314 | 6410.324 |
| | 10:10 am | 6410.315 | 6410.325 |
| | 10:45 am | 6410.316 | 6410.326 |
| PRESCHOOL 2 | 11:20 am | 6410.317 | 6410.327 |
| | 9:00 am | 6411.316 | 6411.326 |
| | 9:35 am | 6411.317 | 6411.327 |
| | 10:10 am | 6411.318 | 6411.328 |
| | 11:20 am | 6411.319 | 6411.329 |
| PRESCHOOL 3 | 9:00 am | 6412.316 | 3412.326 |
| | 10:45 am | 6412.317 | 6412.327 |
| LEVEL 1 | 9:00 am | 6401.311 | 6401.321 |
| LEVEL 2 | 9:35 am | 6402.311 | 6402.321 |
| | 10:45 am | 6402.312 | 6402.322 |
| LEVEL 3 | 9:35 am | 6403.311 | 6403.321 |
| LEVEL 4 | 10:10 am | 6404.311 | 6404.321 |
| LEVEL 5 | 10:45 am | 6405.311 | 6405.321 |
| STROKE CLINIC | 11:20 am | 6408.311 | 6408.321 |

ADULT - AGES 16+ Adult Swim Lessons

It is never too late to learn to swim or improve your skills! This class is for all abilities and offers individualized instruction within a supportive group environment. The instructor works at your level to help you meet your swimming goals. Abilities can range from learning to conquer your fear of the water, developing your strokes or even training you for triathlons.

Day: Monday
Dates: 6431.310 – September 8 – October 20
6431.320 – October 27 – December 8
Time: 7:15 – 8:00 pm
Fee: R \$49 / NR \$59



PRIVATE LESSONS

For private lessons please call 303.926.2567

| NEW! 15 Minute Lessons | R | NR |
|----------------------------------|------|------|
| 1-3 Private Lessons (per lesson) | \$10 | \$16 |
| 4-6 Private Lessons (per lesson) | \$9 | \$14 |
| 1/2 Hour Lessons | R | NR |
| 1-2 Private Lessons (per lesson) | \$19 | \$25 |
| 3-6 Private Lessons (per lesson) | \$18 | \$23 |

Aquatic Fitness Classes

AQUATIC FITNESS CLASSES

H2O Aerobics

Join us for a total body workout that will physically challenge you! You will get the same fitness benefits as land aerobics, including excellent cardiovascular conditioning, muscle toning, flexibility and fat burning. The water provides great resistance and a low-impact workout. This class is for everyone! Join us for a change of pace, for cross-training or for general fitness.

| | |
|-----------------------|----------------|
| Monday thru Friday: | 8:00 – 9:00 am |
| Monday and Wednesday: | 6:00 – 7:00 pm |

Arthritis Foundation Water Exercise

Nearly 46 million Americans have been diagnosed with a form with a form of arthritis. Come join our Arthritis Foundation water exercise classes which are designed to keep joints moving, reduce joint pain, restore and preserve strength, flexibility, and protect joints against further damage.

| | |
|--------------------------------|------------------|
| Monday, Wednesday, and Friday: | 9:00am – 10:00am |
|--------------------------------|------------------|

Hydro Pump/Deep Water Combo

This comprehensive workout will be in two parts. Half of the class will be in the lazy river for a not so lazy class. During this portion of the class, instructors use water weights, noodles, and more to provide a challenging and exciting workout. The other half of the class is in the deep end of the pool where you the workout will include cardiovascular fitness to increase fat burning, flexibility, strength, and muscle toning. Flotation devices (hand buoys, belts, and noodles) provide stability and flotation; however, you should feel comfortable in the deep water.

| | |
|-----------------------|--|
| Tuesday and Thursday: | 9:30 – 10:00 am (deep end) 10:00 – 10:30 am (river) |
|-----------------------|--|

| | |
|-----------|---|
| Thursday: | 6:00 – 6:30 pm (river) 6:30 – 7:00 pm (deep end) |
|-----------|---|



Hydro Pump

This is our highest intensity class! Gain strength and endurance like you would on land, but have the extra resistance from working against the river current.

| | |
|----------------------------|-----------------|
| Monday thru Friday: | 7:00 – 8:00 am |
| Monday, Wednesday, Friday: | 9:30 – 10:30 am |
| Tuesday: | 6:00 – 7:00 pm |
| Saturday: | 8:00 – 9:00 am |

Low Impact/Low Intensity & Pre/Post Natal Class

Enjoy a fun relaxing, low impact workout in the water! This class includes cardiovascular conditioning, flexibility, strengthening, and spine stabilization. Pre/Post natal participants need a doctor's release prior to participating in this class.

| | |
|-----------------------|-----------------|
| Tuesday and Thursday: | 9:00 – 10:00 am |
|-----------------------|-----------------|

Aqua Zumba®

Jump into the Latin inspired, easy to follow, calorie burning, dance fitness party that makes working out a splash!

| | |
|---------------------|----------------|
| Monday & Wednesday: | 4:00 – 5:00 pm |
|---------------------|----------------|

SCAN ME FOR THE
CURRENT POOL
SCHEDULE!



Fitness & Wellness

PERSONAL TRAINING

Let a nationally certified personal trainer help you optimize your workout. Work one-on-one or bring a friend and we'll help you reach your fitness goals. You will learn various exercises that build strength and endurance, enhance body composition and improve overall cardiovascular fitness. Personal training sessions are one hour long and are made by appointment only. Please register in person at Guest Service.

PERSONAL TRAINING FEES (AGES 18+)

If under 18, authorization from the Fitness & Wellness Coordinator is required.

| | Resident | Non-Resident |
|-------------|----------|--------------|
| 1 Session | \$39 | \$49 |
| 3 Sessions | \$115 | \$145 |
| 6 Sessions | \$209 | \$259 |
| 12 Sessions | \$399 | \$499 |

All packages are non-transferable and expire one year after date of purchase.

PARTNER TRAINING FEES (AGES 18+)

If under 18, authorization from the Fitness & Wellness Coordinator is required.

| | Resident | Non-Resident |
|-------------|----------|--------------|
| 1 Session | \$49 | \$59 |
| 3 Sessions | \$135 | \$169 |
| 6 Sessions | \$245 | \$305 |
| 12 Sessions | \$469 | \$585 |

All packages are non-transferable and expire one year after date of purchase.

PILATES REFORMER SESSION (AGES 18+)

The Pilates Reformer safely and effectively improves strength, flexibility and balance by developing long, lean muscles. Pilates Reformer training can also restore postural alignment, increase joint range of motion and correct over-training of muscle groups. Sessions are by appointment only. Please register in person at Guest Service.

| | Resident | Non-Resident |
|-------------|----------|--------------|
| 1 Session | \$39 | \$49 |
| 3 Sessions | \$105 | \$129 |
| 6 Sessions | \$185 | \$229 |
| 12 Sessions | \$299 | \$375 |

All packages are non-transferable and expire one year after date of purchase.

FITNESS EQUIPMENT ORIENTATIONS (AGES 15+)

Fitness equipment orientations are provided at no charge to pass holders and day users. Our fitness staff will provide an orientation and demonstration of the cardiovascular and Nautilus One™ weight machines. Orientations are 30 minutes.



FITNESS ASSESSMENTS (AGES 18+)

Fitness Assessments include body composition measurement, cardiovascular, flexibility, strength tests, and consultation with a personal trainer. Assessments are one hour. Please visit Guest Service to schedule your assessment.

Fee: R \$35 / NR \$45

BODY FAT & LEAN BODY MASS TESTING (AGES 18+)

We offer body fat testing with the bioelectric impedance measurement system. This instrument measures your lean body mass to fat ratio. The test is quick, noninvasive and comprehensive. Please register in person at Guest Service.

Fee: R \$15 / NR \$19

YOUTH FITNESS EQUIPMENT & TRACK POLICY (AGES 7-14)

Children 6 years old and younger may be in a single wide stroller on the track and strollers may be parked in the corners of the track if directly accompanied by an adult. Children may also be on the first floor if in a stroller and parked in the designated "stroller parking" area.

Children 7-10 years of age may walk or run on the track with direct adult supervision ONLY. Children with adults are NOT ALLOWED to stop in the corners of the track for any reason.

TO USE CARDIO EQUIPMENT:

Ages 11-12 must complete an orientation with a Fitness Attendant (parent/guardian must be present and sign waiver); then may use areas with adult supervision.

Ages 13-14 must complete an orientation with a Fitness Attendant (parent/guardian must be present and sign waiver); then may use areas without adult supervision.

TO USE NAUTILUS ONE™ WEIGHT MACHINES:

Ages 11-12 must complete a Youth Fitness Equipment Certification (parent/guardian must sign waiver); then may use machines with adult supervision.

Ages 13-14 must complete a Fitness Equipment Certification (parent/guardian must sign waiver); then may use machines without adult supervision.

Children under the age of 15 are not allowed in the free weight area at any time.

YOUTH FITNESS EQUIPMENT CERTIFICATION (AGES 11-14)

Your child will meet with a personal trainer for two 1-hour sessions on his or her own to learn the fundamentals of weight training on the Nautilus One™ weight machines while focusing on safety and proper lifting technique. By appointment only - contact the Center for details.

| Class | Resident | Non-Resident |
|--|---------------------|---------------------|
| Private (two 1-hour sessions) | \$49 | \$59 |
| Partner (2 children for two 1-hour sessions) * Participant must provide their own partner | \$25 (per child) | \$29 (per child) |

Fitness & Wellness (cont.)

FITNESS CLASSES OFFERED AT THE ERIE COMMUNITY CENTER INCLUDE:

- All Levels Yoga
- Arthritis Foundation Exercise Class
- BODYCOMBAT®
- BODYPUMP®
- BOSU
- Barre Tone
- Boot Camp
- Cardio Circuit
- Cardio Sculpt
- Core Strength
- Express Core
- Gentle Yoga
- HiiT
- Interval Training
- Lift & Shift
- Mommy Intervals
- Muscle Conditioning
- Nia®
- Pilates
- Power Sculpt
- Power Yoga
- Ride 60
- SilverSneakers® Cardio Circuit
- SilverSneakers® Muscular Strength & Range of Movement
- Step Interval
- Total Body Conditioning
- Yoga
- Zumba®
- Zumba Gold®

For class descriptions, visit www.erieco.gov/fitness

SCAN ME FOR THE
CURRENT GROUP
FITNESS SCHEDULE!



YOUTH SESSION BASED PROGRAMS

Youth TRX Intervals (ages 11-14)

Are you interested in a totally new way of training? Getting ready for a sport or just love being active? This is just what you have been looking for. A 45 minute Suspension Training total body workout with cardio intervals intertwined! TRX allows you to perform hundreds of body weight exercises that build power, strength, flexibility, balance, mobility and prevent injuries all at the intensity you choose.

Day: Monday
Dates: 7547.712 – October 27 – December 1
Times: 4:15 – 5:00 pm
Fee: R \$39 / NR \$49

Strong Girls (ages 10-12)

This is a fitness training program specifically designed for young girls 10-12 years old. The goal is to develop cardiovascular and respiratory endurance, strength, stamina, speed, flexibility, coordination, agility and balance. This class will help your young lady develop fitness knowledge and confidence in exercising on their own. Whether you're a very talented athlete or new to fitness and exercise this is the program for you. Class led by Crystal Thornton.

Day: Monday
Dates: 7576.147 – September 15 – October 20
Times: 4:15 – 5:15 pm
Fee: R \$35 / NR \$45



Fitness & Wellness (cont.)

SESSION BASED PROGRAMS

Quiet Stretch (15+)

Quiet Stretch is 40 minutes of guided gentle stretching. Stretching is an often overlooked component of one's exercise regime. Regular stretching leads to increased flexibility and range of motion in your joints; which then in turn is known to improve performance in daily activities and decrease the risk for injury. Instructed by Heidi Marshall.

Day: Tuesday
Dates: 7548.315 - October 7 – November 11
Times: 5:30 – 6:10 PM
Fee: R \$29 / NR \$35

Introduction to Resistance Training (ages 15+)

This class is intended for people who are new to resistance training and need or want to develop muscle tone, increase their strength or lose weight. You will learn the fundamentals of form, selecting weight amounts and setting up workout routines that are safe, effective and fun. Those of you trying to achieve weight loss goals or have been told by a Physician or Physical Therapist to “get more exercise” this is the class for you! Class will be led by Larry Woods, certified personal trainer.

Day: Tuesday & Thursday
Dates: 7576.118 September 23 – October 30
Times: 5:30 – 6:30 pm
Fee: R \$115 / NR \$145

Dancing Through Life Nia Playshop

Nia is a mind-body practice which offers a holistic cardiovascular workout fusing martial arts, dance arts, and healing arts. Set to soul stirring music, it is a fun and dynamic workout that enhances physical, mental, and emotional well-being. This two hour playshop is designed to introduce you to and increase your confidence with the Nia choreography while providing a deeper understanding of the body's natural design and your body's way of movement. Whether you are new to Nia or it's your 100th class this class will deepen your knowledge of Nia and offer you more comfort and confidence in moving in your body's way. Come experience the Joy of Movement with Nia Black Belt Instructor, Kim Robinson. Childcare provided.

Day: Saturday
Dates: 7576.128 October 18
Times: 10:30 am – 12:30 pm
Fee: Free for ECC pass holders
Daily admission for all others per visit

Core Strengthening for Tender Backs (ages 18+)

Do you have low back or neck issues? Learn how to strengthen your core without straining your back. Participants will be taught how to honor their body and work within their limitations, while effectively strengthening their core. Instructor: Wendy Hood

Day: Friday
Dates: 7557.715 September 19 – October 24
Time: 12:15 – 1:15 pm

Day: Tuesday
Date: 7557.716 October 7 – November 11
Time: 7:45 – 8:45 pm

Fee: R \$49 / NR \$59 per session

In The Zone (ages 15+)

This class is designed to teach you how to find your optimal heart rate training zones. You will learn how to get an accurate measure of your workout intensity and understand the benefit of each zone. Learn how to maximize your fitness effort by tracking optimal intensity and recovery through guided workouts. These workouts are designed for all fitness levels. You will need your own heart rate monitor.

Day: Wednesday
Dates: 7576.136 - September 24 – October 15
Time: 10:30 - 11:30 am
Fee: R \$25 / NR \$29



Gentle Yoga from a Chair (ages 18+)

If the traditional yoga poses seem too challenging, but you need to release tension, increase flexibility and reduce stress, then you will love this gentle class. All of the benefits of a traditional yoga class can be experienced sitting in a chair and are perfect for seniors, those recovering from an injury or those using a walker or wheelchair. This form of Yoga can also help with a variety of issues including arthritis, hypertension, depression and insomnia. The class is appropriate as well for those with MS, Parkinson's and Cerebral Palsy.

Day: Wednesday
Dates: 7576.138 September 10 – October 15
7576.139 November 5 – December 17 (No Class on November 26)
Time: 9:00 – 10:00 am
Fee: R \$35 / NR \$45 per session



HAVE YOU TRIED ONE OF OUR MOST POPULAR CLASSES?



Born in the Navy SEALs, TRX® Suspension Training® uses bodyweight exercises to simultaneously develop strength, power, endurance, mobility, durability, balance, flexibility, and core stability.

Regardless of your age, if you are out of shape or a pro athlete, injured or at the top of your game, TRX Suspension Training meets you where you are and takes you where you want to go.

Classes are 6 weeks long and you're able to choose the days and times that work best for you. Go once a week or five times a week, the choice is yours!

One 6 week session (one class per week)
is R \$39 / NR \$49

CHECK OUT MORE
ADULT FITNESS CLASSES
ON PAGE 38!

Climbing Wall Schedule

August - December 2014 (subject to change)

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|---|--|---|---|---------------------------------------|---|--|
| Open | Unsupervised Open Climb Open-4:30 pm | Unsupervised Open Climb Open-4 pm | Unsupervised Open Climb Open-4:30 pm | Unsupervised Open Climb Open-4:30 pm | Unsupervised Open Climb Open-Close | Parent/Child* 8-8:45 am | Unsupervised Open Climb 8-11 am |
| 9:00 am | | | | | | Parent/Child* 9-9:45 am | |
| 10:00 am | | | | | | Mini Climbers* 10-11 am | |
| 11:00 am | | | | | | Supervised Open Climb & Birthday Parties* 11 am - 6 pm | Supervised Open Climb & Birthday Parties* 12-5 pm |
| 12:00 pm | | | | | | | |
| 1:00 pm | | | | | | | |
| 2:00 pm | | | | | | | |
| 3:00 pm | | | | | | | |
| 4:00 pm | Supervised Open Climb 4-7 pm | Lil' Girls Rock* 4:30-5:30 | Supervised Open Climb 4:30-8 pm | Unsupervised Open Climb 6-7 pm | Unsupervised Open Climb 5-6 pm | | |
| 5:00 pm | | Rock Star & Youth Climb* 5:30-6:30 pm | | | | Girls Rock* 5:30-6:30 | |
| 6:00 pm | | Adult Intro* 6:30-8 pm | | | Unsupervised Open Climb 6:30-7 | Center Closed | Center Closed |
| 7:00 pm | Climb On! 7-8:30 pm | Adult Level 2* 7-8:30 | | | | | |
| 8:00 pm | Unsupervised Open Climb 8-9 pm | Unsupervised Open Climb 8:30-9 pm | Unsupervised Open Climb 8:30-9 pm | Unsupervised Open Climb 8-9 pm | | | |

*Climbing classes or Party - depending on class size, wall may not be available for open climbing.

- Pass or daily admission required for all open climb times
- Supervised Open Climb - Wall is open to all users. All uncertified climbers must purchase a belay ride at Guest Service or have a valid annual pass
- Unsupervised Open Climb - Wall is open to ECC Certified climbers only, no staff available to belay

Belay Rides (ages 3+)

Come and enjoy the thrill of the pinnacle! Climbing wall attendants will belay climbers on the climbing wall. Equipment is included. Closed toe shoes are required. Free with annual pass. Please show pass to attendant.

Day: Available during supervised open climb

Fee: R \$2.50 / NR \$3 for 1 day of climbing
R \$10 / NR \$12.50 for a 5 day punch card

Climbing Wall Certification Test (ages 15+)

Climbing Wall Certification Tests are available during supervised open climb. Climbing certification will allow a guest to use the wall during supervised and unsupervised climbing wall hours.

Climb On!

Designated climb times for ECC certified climbers to network with other climbers. Climb On! will have staff available to belay.

Climbing Belay Certification (ages 15+)

This course will teach participants about proper belay techniques and commands. Participants must attend both classes. All participants who attend and pass the class will receive an ECC belay certification card. This card will allow individuals to climb, belay and/or boulder during open climbing wall hours with a valid pass or daily admission.

Day: Wednesday
Dates: 3600.001 - September 10
3600.011 - October 22
3600.021 - November 19
Time: 6:30 – 8:30 pm
Fee: R \$45 / NR \$55

Climbing Belay Refresher (ages 15+)

This clinic will refresh climbers on proper belay techniques. Prior experience with belay technique or ECC climbing certification is required.

Day: Monday
Dates: 3600.010 - September 29
3600.018 - November 3
Time: 7:00 – 8:00 pm
Fee: R \$5 / NR \$9

Climbing (cont.)

CLIMBING PROGRAMS

Parent / Child Climb (ages 3-5)

An opportunity for parents to participate with their child in an introductory level rock climbing course. No experience needed. Climbing safety, commands, and techniques will be introduced. Parents will learn how to put on their child's harness, spot their child, as well as cheer on and support their child. Parents that are ECC belay certified climbers will be able to belay for their child. Parent attendance is mandatory for all classes. Closed toe shoes are required.

Day: Saturday
Dates: 3600.002 - September 13 - October 11
3600.012 - November 1 – November 29
Time: 8:00 - 8:45 am
Fee: R \$39 / NR \$49

Day: Saturday
Dates: 3600.003 - September 13 - October 11
3600.013 - November 1 – November 29
Time: 9:00 - 9:45 am
Fee: R \$39 / NR \$49

Mini Climbers (ages 6-9)

This is a great class for youngsters of all levels of climbing experience. Participants will learn teamwork, balance, coordination, commands, technique, and much more. Closed toe shoes are required.

Day: Saturday
Dates: 3600.004 - September 13 - October 11
3600.014 - November 1 – November 29
Time: 10:00 - 11:00 am
Fee: R \$45 / NR \$55

Day: Monday
Dates: 3600.005 - September 15 - October 13
3600.015 - November 3 - December 1
Time: 4:30 - 5:30 pm
Fee: R \$45 / NR \$55

Lil' Girls Rock (ages 6-9)

Little girls rock too! We introduce the sport of climbing from a girl's point of view. This is a beginner climbing class that will teach basic climbing movements, the figure eight knot, commands and ways to keep climbing safe. All topics are taught in a fun way just for girls! Closed toe shoes are required.

Day: Wednesday
Dates: 3600.008 - September 17 - October 15
3600.019 - November 5 - December 3
Time: 4:30 - 5:30 pm
Fee: R \$45 / NR \$55

Youth Climbers (ages 8-14)

Safety, technique development, and basic movements are the main focus of this class. Participants will be taught how to utilize their strength and balance while climbing. This class is perfect for those kids who have moved beyond Mini Climbers or Lil' Girls Rock, but are not ready for Rock Star Climbers. All skill levels welcome. Closed toe shoes are required.

Day: Monday
Dates: 3600.007 - September 15 - October 13
3600.017 - November 3 - December 1
Time: 5:30 - 6:30 pm
Fee: R \$45 / NR \$55

Rock Star Climbers (ages 8-14)

Advanced climbing movements and technique are developed in this class. This class is designed to be the next step up for those that have outgrown the Mini and Youth Climbers classes. Closed toe shoes are required.

Day: Monday
Dates: 3600.006 - September 15 - October 13
3600.016 - November 3 - December 1
Time: 5:30 - 6:30 pm
Fee: R \$45 / NR \$55

Girls Rock (ages 8-14)

Girls rule in this class! This is a more advanced class than Lil' Girls Rock. The sport of climbing is taught from a female's point of view. Taught by an experienced female teacher, this class focuses on advanced movements, gear selection, as well as additional climbing techniques, all in a fun and supportive way. Closed toe shoes are required.

Day: Wednesday
Dates: 3600.009 - September 17 - October 15
3600.020 - November 5 - December 3
Time: 5:30 - 6:30 pm
Fee: R \$45 / NR \$55

Adult Intro to Climbing (ages 15+)

Participants will learn and practice basic climbing commands and movement. Participants will also learn how to belay and will become ECC belay certified through this course. General climbing equipment and its practical use will also be covered. Closed toe shoes are required.

Day: Monday
Dates: 4000.001 - September 15 - October 13
4000.003 - November 3 - December 1
Time: 6:30 - 8:00 pm
Fee: R \$55 / NR \$69

Adult Climbing Level 2: Transition to Outdoors (ages 15+)

This course will teach participants advanced climbing movements and techniques, and give participants plenty of practice to master the techniques. Other class topics also include: reducing environmental impact when climbing outdoors, as well as gear for outdoor climbing and its use. The purpose of the level 2 class will be to prepare participants to be able to climb outside with an experienced partner, or guide, who would be the lead climber. Participants must be proficient in top rope belay techniques. Closed toe shoes are required and climbing shoes are highly recommended.

Day: Wednesday
Dates: 4000.002 - September 17 - October 15
4000.004 - November 5 - December 3
Time: 7:00 - 8:30 pm
Fee: R \$55 / NR \$69



Youth General Interest



Parent or caregiver participation is required for all Kindermusik® classes.



Sing & Play (newborn - 1½ years)

Bond with your baby, and connect with mommies just like you! Our parent-infant activities for lap babies, crawlers or new walkers include: singing, listening, instrument play, literature and creative movement. Walkers belong in this class up to the 18-20 month age of running and using 20 words. In this 12-lesson unit, we'll explore the themes of "Zoom!", "Yum!", and "Family All Around Me." Each family receives an online library of three mp3 albums, three e-storybooks and other ideas for taking the musical experience home. An additional \$35 home component fee is due to instructor by check or cash on first day of each session.
NO CLASSES: November 4 due to Election Day, November 11 Veteran's Day, and November 25 due to Thanksgiving Week.

Day: Tuesday
Date: 3000.002 - September 2 – December 9
Time: 10:15 – 11:00 am
Fee: R \$145 / NR \$179



Wiggle & Grow (ages 1 ½ - 3 years)

For busy parents - trying to bond with busier tots! You'll cherish "our time" to sing, listen, explore instruments, enjoy literature and discover movement – together! In this 12-lesson unit, we'll explore the awareness of self and others in the themes of "How Do You Feel?", "Time for Lunch," and "Family and Friends." Each family receives an online library of three mp3 album downloads, three e-books, and interactive online activities that Fred Rogers Institute has approved for toddlers on desktop, tablet or mobile device. An additional \$35 home component fee due to instructor by check or cash on first day of class.
NO CLASSES November 4 due to Election Day, November 11 Veteran's Day, and November 25 due to Thanksgiving Week.

Day: Tuesday
Date: 3000.024 - September 2 - December 9
Time: 9:15 – 10:00 am
Fee: R \$145 / NR \$179
Sibling R \$119 / NR \$149

Playdate (ages 1½ - 4 years)

For toddlers and preschoolers with a parent or caregiver, this one-time class provides you the opportunity to see what Kindermusik is all about. Join us for "Let It Snow!" – a Kindermusik Playdate. Play jingle bells with "Rudolph," waltz to "White Christmas," move to "Up on the Housetop" reggae-style, and drum along with the African Spiritual "Children Go Where I Send Thee." You'll even take home a CD and instrument to enjoy for the holidays!

Day: Tuesday
Date: 3000.023 - December 16
Time: 9:15 – 10:00 a.m.
Fee: R \$19 / NR \$25
Sibling R \$9 / NR \$15

AMERICAN RED CROSS TRAINING CLASSES

American Red Cross - Babysitter's Training (ages 11-15)

The American Red Cross Babysitter's Training course provides individuals, ages 11-15, with the information and skills necessary to provide safe and responsible care for children; in the absence of parents or guardians. Please bring a pen/pencil and a sack lunch.

Day: Saturday
Dates: 3000.025 – June 21
3000.026 – July 12
Time: 9:00 am – 4:00 pm
Fee: R \$75 / NR \$95

PIANO LESSONS

Piano Lessons (ages 5 +)

This class will offer quality one-on-one instruction for students of all ages in a caring and positive environment. Participants will learn the basics of piano playing as well as how to read music and gain a good understanding about the piano. Lessons will run for a ½ hour per participant and sessions will be available to purchase in a packages of four lessons for \$100. Beginner, Intermediate, and Advanced lessons will be available. Participants will pay the instructor the day of their first class, please bring cash or check only. To register visit Guest Service, visit www.erieco.gov or contact General Recreation Coordinator, Megan Langerak at 303-926-2797.

PHOTOGRAPHY

DAVIES CREATIVE PHOTOGRAPHY WORKSHOPS

Photography for Kids & Teens (ages 12-17)

In this beginner's class, we will explore the function of digital cameras from top to bottom. This workshop will also cover some of the fundamentals of photography so that you understand the how and why of each set of choices, and when to choose one over the other. Bring your camera and camera manual.

Day: Tuesday
Date: 3000.027 - November 25
Time: 6:00 - 8:00 pm
Fee: R \$45 / NR \$55

HUNTERS SAFETY

Hunter Education (ages 10+)

This course allows the opportunity for individuals to become familiar with the fundamentals of firearm handling and safety. The Colorado Division of Wildlife requires this certification for all hunters who were born after 1949. Attendance is required for every class to complete the certification. Class will be held Monday, Wednesday and Friday at the Center. On Saturday, the class will meet at the shooting range at 9:00 am.

Day: Monday, Wednesday, Friday, Saturday
Dates: 3240.107 – September 22, 24, 26, & 2
3240.102 – October 6, 8, 10, & 11
Time: 5:30 - 8:30 pm - Monday, Wednesday, Friday
9:00 am - 1:00 pm - Saturday (meet at Range).
Fee: R \$10 / NR \$10

Youth General Interest (cont.)

KARATE

BENNETT’S KARATE ACADEMY

Uechi Ryu is an Okinawan martial art that consists of both Chinese Kung Fu and Okinawan Karate. Uechi Ryu Kokusai Karate Do teaches students how to fight in close combat, utilizing fast kicks and punches, throwing, and joint locks while using the body’s “center” in order to optimize the amount of power. These classes do involve on-going advancement and classes are continuously available from session to session toward Black Belt and beyond. For more information visit www.bennettskarate.com.



Kids’ Karate (ages 4-6)

In this class participants concentrate on karate basics through fun drills that develop coordination, discipline and exercise the body. Students will also learn to count from 1-10 in Japanese as well as learn basic Japanese phrases used in the dojo. This program has its own ranking system and its purpose is to prepare younger students for the beginner or intermediate classes.

| | |
|--------|---|
| Day: | Saturday |
| Dates: | 3000.300 - September 6 - September 27 3000.301 – October 4 - October 25 3000.302 - November 1 - November 22 3000.303 – November 29 - December 20 |
| Time: | 11:30 am - 12:00 pm |
| Dates: | 3000.304 - September 6 - September 27 3000.305 - October 4 - October 25 3000.306 - November 1 - November 22 3000.307 – November 29 - December 20 |
| Time: | 12:00 - 12:30 pm |
| Fee: | R \$35 / NR \$45 - Sibling Fee \$30 |

Beginner Karate (ages 7+)

This class is for youth aged students who are new to karate or have just graduated from kids’ karate. Please note that this class is combined with the intermediate class.

| | |
|--------|--|
| Day: | Monday & Thursday |
| Dates: | 3000.308 - September 4 – September 29 3000.309 - October 2 – October 27 3000.310 - November 3 – November 24 3000.311 - December 1 – December 29 |
| Time: | 5:30 - 6:15 pm |
| Fee: | R \$45 / NR \$ 55 - Sibling Fee \$39 |

Intermediate Karate (ages 7+)

This class is for those students who are ready for yellow belts (ready to test) and higher, or beginner adult students.

| | |
|--------|--|
| Day: | Monday & Thursday |
| Dates: | 3000.312 - September 4 – September 29 3000.313 - October 2 – October 27 3000.314 - November 3 – November 24 3000.315 - December 1 – December 29 |
| Time: | 5:45 - 6:45 pm |
| Fee: | R \$45 / NR \$ 55 - Sibling Fee \$39 |



Advanced Karate (ages 7+)

This class is for those students who are ready for green belts (ready to test) or higher.

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|--------|--|
| Day: | Monday & Thursday |
| Dates: | 3000.316 - September 4 – September 29 3000.317 - October 2 – October 27 3000.318 - November 3 – November 24 3000.319 - December 1 – December 29 |
| Time: | 5:45 - 7:00 pm |
| Fee: | R \$45 / NR \$55 - Sibling Fee \$39 |

Black Belt Karate (ages 7+)

This class is for those students who are ready for black belts (ready to test, i.e. senior advanced brown belt) or higher.

| | |
|--------|--|
| Day: | Monday & Thursday |
| Dates: | 3000.320 - September 4 – September 29 3000.321 - October 2 – October 27 3000.322 - November 3 – November 24 3000.323 - December 1 – December 29 |
| Time: | 5:45 - 7:00 pm |
| Fee: | R \$45 / NR \$55 - Sibling Fee \$39 |

Aikido (ages 7+)

Aikido classes are held at the Bennett’s Karate dojo, located at 77 Erie Village. Aikido is used to defend and disarm while also protecting the attacker from serious injury. Students will learn various ground locking positions, how to fall properly, as well as, how to take down an opponent. This is a traditional martial art and will require students to learn and understand Japanese terminology. The use of white karate-style uniforms and hakama is required.

| | |
|--------|--|
| Day: | Saturday |
| Dates: | 3000.324 - September 6 - September 27 3000.325 - October 4 - October 25 3000.326 - November 1 - November 22 3000.327 – December 6 - December 27 |
| Time: | 11:00 am - 12:00 pm (ages 7 - 12) |
| Dates: | 3000.328 - September 6 - September 27 3000.329 - October 4 - October 25 3000.330 - November 1 - November 22 3000.331 – December 6 - December 27 |
| Time: | 12:00 - 1:00 pm (ages 12+) |
| Fee: | R \$45 / NR \$ 55 - Sibling Fee \$39 |

Youth General Interest (cont.)

YOUTH DANCE LA BELLA DANCE ACADEMY

For more information on dance clothes, shoes, or which class is right for you, contact Summer Christensen at 720-666-4603 or labella.academy@gmail.com

Jump N' Jive Show Choir (ages 7-13)

Like to sing and dance? Interested in competing in talent shows? Want to learn how to improve your performance abilities and stage presence? This class will teach boys and girls how to become better stage performers. Let your child develop their self-confidence through this fun class. Class participants will perform in a holiday show. Performance t-shirt included.

Day: Tuesday
Dates: 3000.028 - September 9 – December 2 (No class November 25)
Time: 5:00 - 6:00 pm
Fee: R \$149 / NR \$185

Acting/Theatre Class (ages 7-14)

New acting/theatre class! Like to act? Want to learn more? Then this class is for you! Participants will develop performance and public speaking skills, learn about the stage and how to act. All kids will participate in some prop construction projects and will perform at an end of session show.

Day: Tuesday
Dates: 3000.029 - September 9 - December 2 (No class November 25)
Time: 4:00 – 5:00 pm
Fee: R \$149 / NR \$185

Creative Movement – Pre-Ballet/Tap (age 3)

The pre-ballet and tap dancer learns coordination steps such as skipping and hopping. Basic ballet steps will also be taught. The tap portion of the class focuses on steps and exercises to help the dancer become quicker on their feet. Class participants will perform in a holiday show at the end of the session.

Day: Wednesday
Dates: 3000.030 - September 10 – December 3 (No class November 26)
Time: 10:00 – 10:45 am

Day: Thursday
Dates: 3000.031 - September 11 – December 4 (No class November 27)
Time: 10:00 – 10:45 am

Day: Saturday
Dates: 3000.032 - September 13 – December 6 (No class November 29)
Time: 10:00 – 10:45 am

Fee: R \$139 / NR \$175

Creative Movement – Pre-ballet/Tap (ages 3 and 4)

The pre-ballet and tap dancer learns coordination steps such as skipping and hopping. Basic ballet steps will also be taught. The tap portion of the class focuses on steps and exercises to help the dancer become quicker on their feet. Class participants will perform in a holiday show at the end of the session.

Day: Tuesday
Dates: 3000.033 - September 9 – December 2 (No class November 25)
Time: 4:15 – 5:00 pm
Fee: R \$139 / NR \$175



Creative Movement-Pre-ballet/Tap (age 4)

The pre-ballet and tap dancer learns coordination steps such as skipping and hopping. Basic ballet steps will also be taught. The tap portion of the class focuses on steps and exercises to help the dancer become quicker on their feet. Class participants will perform in a holiday show at the end of the session.

Day: Wednesday
Dates: 3000.034 - September 10 – December 3 (No class November 26)
Time: 10:45 – 11:30 am

Day: Thursday
Dates: 3000.035 - September 11 – December 4 (No class November 27)
Time: 10:45 – 11:30 am

Day: Saturday
Dates: 3000.036 - September 13 – December 6 (No class November 29)
Time: 10:45 – 11:30 am

Fee: R \$139 / NR \$175

Beginner Ballet/Tap (age 5)

For the dancer whom has had very minimal dance experience; less than or equal to 2 years. Class participants will perform in a holiday show at the end of the session.

Day: Wednesday
Dates: 3000.037 - September 10 – December 3 (No class November 26)
Time: 5:45 – 6:30
Fee: R \$139 / NR \$175

Beginner Ballet/Jazz (ages 5-8)

For the dancer who has had minimal dance experience; less than or equal to 2 years. Class participants will perform in a holiday show at the end of the session.

Day: Wednesday
Dates: 3000.038 - September 10 – December 3 (No class November 26)
Time: 4:00 – 5:00
Fee: R \$149 / NR \$185

Beginner/Intermediate Ballet/Tap (ages 5-10)

For the dancer who has had minimal dance experience and/or 2 or more years experience. Class participants will perform in a holiday show at the end of the session.

Day: Monday
Dates: 3000.039 - September 8 – December 1 (No class November 24)
Time: 4:15 – 5:15
Fee: R \$149 / \$185

Intermediate Ballet/Jazz (ages 7-12)

For the dancer who has had at least 2 years dance experience. Class participants will perform in a holiday show at the end of the session.

Day: Thursday
Dates: 3000.040 - September 11 – December 4 (No class November 27)
Time: 4:15 – 5:15
Fee: R \$149 / NR \$185

Hip Hop (ages 6-12)

Get ready for some fun in this beginner and intermediate level hip hop class! Come prepared to really move! Please wear loose clothes and tennis shoes. Class participants will perform in a holiday show at the end of the session.

Day: Wednesday
Dates: 3000.041 - September 10 – December 3 (No class November 26)
Time: 5:00 – 5:45
Fee: R \$139 / \$175

Youth General Interest (cont.)

YOUTH DANCE (cont.)

Beginner/Intermediate Ballroom Dance for Kids (ages 7-14)

Each group will learn steps for Waltz, Swing, Cha Cha, Foxtrot, Samba and others. All levels are welcome! Partners are encouraged but not required. Discounts available if you sign up with a partner. Please wear stretchy pants and shirts, and dress shoes or tennis shoes (no jeans or flip flops). Class participants will perform in a holiday show at the end of the session.

| | |
|--------|--|
| Day: | Wednesday |
| Dates: | 3000.042 - September 10 - December 3 (No class November 26) |
| Time: | 6:30 – 7:30 |
| Fee: | R \$149 / NR \$185 – per person R \$249 / NR \$309 – Per couple |

GYMNASTICS GINA'S SUPER BUS, INC.



An annual \$10 registration fee will be collected by the instructor on the first day of class. Please bring cash or check only. This is a parent drop-off program. Parent visitation day is the last day of the program. All classes meet in the south gym.

For more information about Super Bus Gymnastics, or which class is right for you, contact Gina Crescentini at 303-828-3383 or ginacrescentini@yahoo.com

| | |
|---------|-----------------------------|
| *Fee: | R \$65 / NR \$79 (6 weeks) |
| **Fee: | R \$75 / NR \$89 (7 weeks) |
| ***Fee: | R \$85 / NR \$105 (8 weeks) |

Super Bus Gymnastics Gym Tots (ages 2½ -3)

The Gym Tots class focuses on a combination of basic motor movements, body positions, coordination, balance, and the introduction of beginner gymnastics skills. The class will help start your child's foundation for all athletic development and help them develop listening skills, comfort in a social setting and following instructions. Children develop their skills through work on balance beams, bars, rings, trampolines and tumbling mats. All skills and equipment are scaled down to accommodate each child's size and level of ability. Classes will be held on the Super Bus and inside the Center's gymnasium.

| | |
|--------|--|
| Day: | Wednesday |
| Dates: | 3000.100 - September 10 - October 29*** 3000.101 - November 5 - December 17* (no class November 26) |

| | |
|--------|---|
| Day: | Thursday |
| Dates: | 3000.102 - September 11 - October 29** 3000.103 - November 6 - December 18* (no class November 27) |

| | |
|--------|---|
| Day: | Friday |
| Dates: | 3000.104 - September 12 – October 24** 3000.105 - November 7 - December 19* (no class November 28) |

| | |
|-------|-----------------|
| Time: | 9:15 - 10:00 am |
|-------|-----------------|

Super Bus Gymnastics Tumblers (ages 3 - 5)

This class builds on skills previously learned in Gym Tots and takes your gymnast to a higher level. More complex skills and combinations are taught with a focus on more attention to detail. Students improve their strength, coordination, flexibility, and self confidence while enjoying a fun and challenging approach to learning. Classes will be held both on the Super Bus and inside the Center's gymnasium. This is a parent drop off program.

| | |
|--------|--|
| Day: | Wednesday - 10:15 - 11:00 am |
| Dates: | 3000.106 - September 10 - October 29*** 3000.107 - November 5 - December 17* (no class November 26) |

| | |
|--------|---|
| Day: | Thursday - 10:15 - 11:00 am |
| Dates: | 3000.108 - September 11 - October 23** 3000.109 - November 6 - December 18* (no class November 27) |

| | |
|--------|---|
| Day: | Friday - 10:15 - 11:00 am |
| Dates: | 3000.110 - September 12 – October 24** 3000.111 - November 7 - December 19* (no class November 28) |

| | |
|--------|--|
| Day: | Wednesday - 11:15 am - 12:00 pm |
| Dates: | 3000.112 - September 10 - October 29*** 3000.113 - November 5 - December 17* (no class November 26) |

| | |
|--------|---|
| Day: | Thursday - 11:15 am - 12:00 pm |
| Dates: | 3000.114 - September 11 – October 23** 3000.115 - November 6 - December 18* (no class November 27) |

| | |
|--------|---|
| Day: | Friday - 11:15 am - 12:00 pm |
| Dates: | 3000.116 - September 12 – October 24** 3000.117 - November 7 - December 19* (no class November 28) |



SEWING

Youth Sewing (ages 9-15)

The youth sewing course teaches participants the lifelong skill of sewing. Students will complete a five week session which will teach the basics in sewing terminology, techniques and the operation of a sewing machine. Additional sewing techniques will be introduced as the class progresses in ability. Students will work with the instructor to select projects at their skill level. Sewing machines are provided, but students are welcome to bring their own. Options for needed materials will be discussed on the first day.

| | |
|--------|--|
| Day: | Tuesday |
| Dates: | 3236.309 - August 26 - September 23 3236.310 - October 7 - November 4 |
| Time: | 4:30 - 6:00 pm |

| | |
|--------|--|
| Day: | Wednesday |
| Dates: | 3236.311 - August 27 - September 24 3236.312 - October 8 - November 5 |
| Time: | 4:30 - 6:00 pm |

| | |
|------|------------------|
| Fee: | R \$45 / NR \$55 |
|------|------------------|

Youth General Interest (cont.)

ARTS AND CRAFTS

HARMONY'S A.C.T.



An annual \$3 fee will be collected by the instructor on the first day of class to help provide a peanut free snack for children for the week. Please bring cash or check only.

Messy Mondays Parent and Tot Art Class (ages 18 mos. - 4)

This class is designed for you and your child to create art by making a mess and exploring a large range of art materials. We will be making three projects each class. Materials are non-toxic and earth friendly. We do use food in this class so please let instructor know of any allergies.

Day: Monday
Dates: 3000.118 - Fall Theme: September 8 - October 13
3000.119 - Holiday Theme: October 20 - December 8
(no class November 10 and November 24)
Time: 9:00 - 9:45 am
Fee: R \$69 / NR \$85

Preschool Art (ages 2 - 5)

This art class is designed for your little artist to explore all different types of art mediums while using recycled, reusable, and earth friendly materials. Each week children will make three art projects around a story that they read each class. This is a drop off class. It is not required that children be potty trained. Come play, sing, read stories, and create art!

Days: Monday
Dates: 3000.120 - September 8 - October 13
3000.121 - October 20 - December 8
(no class November 10 and November 24)
Time: 10:00 - 11:15 am
Fee: R \$95 / NR \$115

Holiday Gift Making (ages 5-9)

Each class we will make a one of a kind gift to give to someone special for the holidays. We will be making a mosaic frame, a fabric pillow, and a clay vase. We will wrap them up to give as gifts.

Day: Monday
Date: 3000.122 - December 1 - December 15
Time: 4:00 - 5:00 pm
Fee: R \$69 / NR \$85

Little Elf (ages 2-6)

This is a drop off class for those little elves to make gifts for their loved ones. Make and wrap three different gifts each class. Sign up for one or both Fridays. Participants will also make a snack to eat in class.

Day: Friday
Dates: 3000.123 - November 28
3000.124 - December 5
Time: 9:00 - 11:00 am
Fee: R \$25 / NR \$29

SKATEBOARDING

SQUARE STATE SKATE



Run by professional educators, Square State Skate has more experience engaging youth, directing programs and skating with kids than any other program around. Our commitment to families and the community is paramount and our techniques are unmatched when it comes to helping kids grow and learn, both on and off of their skateboard. Learn more about us at www.squarestateskate.com. Anyone can learn tricks... we focus on the kids!

Square State Skate's Labor Day Skate Camp (ages 5-15)

Labor Day may be the symbolic end of summer, but we'll be spending the day on our skateboards. After all, skateboarding has no season! Skate your home park in the morning before jumping on the Skate Bus in the afternoon to enjoy several different parks, visit a core, local skate shop and spend the day with a like-minded community of goofballs. Please bring a skateboard, helmet (other pads recommended), a healthy lunch, water bottle, sunscreen and some good energy.

Day: Monday
Date: September 1 - 3000.125
Time: 8:30 am - 3:30 pm
Fee: R \$69 / NR \$79

Saturday Sessions (ages 5-17)

Come get RAD with Square State Skate's experienced staff all year round. A helmet and a skateboard required. We will skate together, play skate-related games and work on new skills, learn about skateboarding history, and just enjoy the unique skateboarding community. Basic skills, safety, etiquette, old tricks, new tricks... have fun with them all. Bring your smile and start your Saturdays with some goofballs! Saturday Sessions will occur on the 2nd Saturday of each month during the fall.

Day: Saturday
Date: September 13 - 3000.126
October 11 - 3000.127
November 8 - 3000.128
Time: 9:00 - 10:30 am
Fee: R \$19 / NR \$25 - per session

Square State Skate's All-You-Can-Skate Thanksgiving Smorgasbord (ages 5-15)

Over this 3-day camp, we will ride some of the best parks in the Front Range while learning how to be safe and have fun on our boards. Skate the Street League Certified Erie Park in the morning before jumping on our "Skate Bus" to check out different area parks, explore a variety of terrain and visit multiple skater-owned skate shops. Explore all the different areas of street and skate park riding, from safety and etiquette to advanced park riding. Come join us for some laughs and be a part of our active skateboard community. Please bring a skateboard, helmet (other pads recommended), a healthy lunch, water bottle, sunscreen and some good energy.

Day: Monday, Tuesday, & Wednesday
Dates: 3000.129 - November 24, 25, 26
Time: 8:30 am - 3:30 pm
Fee: \$200

CHECK OUT THE GRANDPARENT & GRANDCHILD ACTIVITIES ON PAGE 36!

Camp Erie

NO SCHOOL DAYS



Celebrate your day off of school by joining us for a fun filled day of climbing, gym games, swimming and arts and crafts! Bring a bathing suit and towel, a sack lunch and two snacks. There will be before and after care available for this program. Before care is from 7:00 - 9:00 am, and after care is available from 5:00 - 6:00 pm. No School Days will be held at the Erie Community Center. Camp Erie is a state licensed childcare program. Ages 5-12.

| DAY | DATE | TIME | FEE |
|-----------|------------------------|-------------------|------------------|
| Friday | 3000.200 - October 17 | 9:00 am - 5:00 pm | R \$29 / NR \$35 |
| Monday | 3000.201 - November 24 | 9:00 am - 5:00 pm | R \$29 / NR \$35 |
| Tuesday | 3000.202 - November 25 | 9:00 am - 5:00 pm | R \$29 / NR \$35 |
| Wednesday | 3000.203 - November 26 | 9:00 am - 5:00 pm | R \$29 / NR \$35 |
| Monday | 3000.204 - December 22 | 9:00 am - 5:00 pm | R \$29 / NR \$35 |
| Tuesday | 3000.205 - December 23 | 9:00 am - 5:00 pm | R \$29 / NR \$35 |
| Friday | 3000.206 - December 26 | 9:00 am - 5:00 pm | R \$29 / NR \$35 |
| Monday | 3000.207 - December 29 | 9:00 am - 5:00 pm | R \$29 / NR \$35 |
| Tuesday | 3000.208 - December 30 | 9:00 am - 5:00 pm | R \$29 / NR \$35 |
| Friday | 3000.209 - January 1 | 9:00 am - 5:00 pm | R \$29 / NR \$35 |

BEFORE & AFTER SCHOOL CARE

Camp Erie offers a before & after school program at Aspen Ridge Preparatory School. The program is offered Monday - Friday from 6:30 – 8:00 am and 3:00 – 6:00 pm. Participants must be enrolled at Aspen Ridge Preparatory School in order to participate in this program.

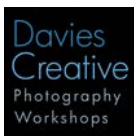


| MONTHLY FEE | BEFORE SCHOOL | AFTER SCHOOL |
|-------------|---------------|--------------|
| 1 x week | \$49 | \$69 |
| 2 x week | \$99 | \$139 |
| 3 x week | \$135 | \$185 |
| 4 x week | \$165 | \$239 |
| 5 x week | \$195 | \$289 |
| DAILY FEE | \$15 | \$19 |

VISIT WWW.ERIECO.GOV/CAMPERIE FOR:
More Information, Parent Packet, Participation Forms, Field Trips and MORE!

Adult General Interest

PHOTOGRAPHY DAVIES CREATIVE PHOTOGRAPHY WORKSHOPS



Introduction to Digital Photography (ages 14+)

The perfect beginner's class, this workshop will help you understand the basics of digital photography and will have a huge impact on the quality of the pictures you take. We will cover in detail the fundamentals of photography as well as understanding the settings and options on your camera. In two hours we will remove the mystery from photography and get you creating better images. It's also a great class for intermediate shooters who have some experience under their belt. By going back to the fundamentals and understanding them well, you can take your photography to the next level. Bring your camera and camera manual.

Dates: 4000.005 - Wednesday, September 17 - 6:30 - 8:30 pm
4000.006 - Thursday, November 13 - 6:30 - 8:30 pm
Fee: R \$45 / NR \$55

Photographing Sports (ages 14+)

Erie has a variety of great sports programs. There's a good chance someone you know is playing in one of them. In this hands-on workshop you will learn how to take great sports photos as we teach on the sidelines of games being played here in Erie. While you might not wind up on the cover of Sports Illustrated, after just a few hours the quality of your sports photography will grow dramatically. We'll cover equipment and techniques right there at the game with your own camera.

Date: 4000.007 - Saturday, September 27 - 9:00 am - 12:00 pm
* Football, soccer, and volleyball
4000.008 - Saturday, December 6 - 9:00 am - 12:00 pm
* Basketball
Fee: R \$59 / NR \$69

Take Better Photos of Your Kids (ages 14+)

Learn how to photograph your children and love it! Are you sick of taking sub-par pictures of your children? Are your photo albums and scrapbooks full of pictures with red eye, shadows masking their faces, and rarely looking at the camera? If so, we have good news for you! This two-hour class with Davies Creative Photography's Matthew Davies will teach you all you need to know to capture amazing images of your children. Bring a photo of your child to enter to win a complimentary portrait session and wall portrait from Davies Creative Photography! Bring your camera and camera manual.

Date: 4000.009 - Thursday, October 16 - 6:30 - 8:30 pm
4000.010 - Saturday, November 29 - 11:00 am - 1:00 pm
Fee: R \$45 / NR \$55

Introduction to Lightroom by Adobe (ages 14+)

This is an introduction to the powerful image library and editing package from Adobe. You can bring your own computer or follow along on the big screen as we go step by step at a high level on how the software works. We'll work on the same files together as we go through the different sections of Lightroom and how it works. Various topics of the technical aspects of digital editing will be covered. If you don't own Lightroom, you can download a free 30-day trial.

Date: 4000.011 - Wednesday, October 22 - 6:30 - 8:30 pm
Fee: R \$45 / NR \$55

Composition in Photography (ages 14+)

In this lecture we will look at the decisions being made from a standpoint of the composition of the image. We will review guidelines on how to make good compositional choices based on established rules so that you can then either follow or break those rules when it makes sense for your image. We go well beyond the rule of thirds and talk about the pillars of visual arts - the foundation elements of aesthetics.

Date: 4000.012 - Tuesday, October 7 - 6:30 - 8:30 pm
4000.013 - Thursday, December 11 - 6:30 - 8:30 pm
Fee: R \$45 / NR \$55

Introduction to Tabletop Photography (ages 14+)

We will cover camera settings, focusing, lighting, equipment and style. This will be a hands-on workshop where we will create images in class to reinforce the concepts and get you started down a wonderful area of photography.

Date: 4000.014 - Saturday, December 13 - 2:00 - 6:00 pm
Fee: R \$45 / NR \$55

SEWING

Adult Sewing (ages 16+)

The adult sewing course teaches participants the lifelong skill of sewing. Students will complete a five week session which will teach the basics in sewing terminology, techniques and the operation of a sewing machine. Additional sewing techniques will be introduced as the class progresses in ability. Students will work with the instructor to select projects at their skill level. Sewing machines are provided, but students are welcome to bring their own. Options for needed materials will be discussed on the first day.

Day: Tuesday
Dates: 4000.015 - August 26 - September 23
4000.016 - October 7 - November 4
Time: 6:00 - 7:30 pm
Fee: R \$45 / NR \$55

LOOKING FOR MORE?

SEE PAGES 30 - 31
FOR ADULT SPORTS &
THE DROP-IN SPORTS SCHEDULE

SEE PAGE 35 FOR
ADULT TALKS ON CURRENT
HEALTH TOPICS

Adult General Interest (cont.)

ADULT DANCE

CASABLANCA DANCE

Salsa (ages 18+)

A lively Latin dance that is fun and easy to learn. This class will give people a great experience of the Latin culture as well as a fantastic workout through the energizing rhythms of Salsa. Please note this is an hour long class. The below fee applies to both individuals and couples (couples need to register together to receive the below rate).

Day: Tuesday
Date: 4000.017 - September 23 - October 21
Time: 8:00 - 9:00 pm
Fee: R \$89 / NR \$109

Beginner Ballroom (ages 18+)

You will glide through the Waltz, Fox Trot and sultry Tango. You will learn to lead your partner through a variety of steps and turns. This class will help you develop a good foundation of dancing - perfect for weddings, social events or a night out. Each class will include a review of steps previously learned, an introduction to new steps and practice time. The below fee applies to both individuals and couples (couples need to register together to receive the below rate).

Day: Thursday
Dates: 4000.018 - September 25 - October 23
Time: 7:05 - 8:00 pm
Fee: R \$89 / NR \$109

Swing (ages 18+)

Learn to swing dance! Try this popular dance that is fun and easy to learn. This class will get you moving. A fantastic dance to learn for weddings and nights out on the town. This class will cover single time Swing steps, along with common turns. Please note this is an hour long class. The below fee applies to both individuals and couples (couples need to register together to receive the below rate).

Day: Thursday
Dates: 4000.019 - September 25 - October 23
Time: 8:00 - 9:00 pm
Fee: R \$89 / NR \$109

Intermediate Ballroom (ages 18+)

The next level of ballroom where participants will learn additional steps, turns, and combinations. This class will cover the Waltz, Foxtrot and Tango. Each class session will include a review of steps previously learned, an introduction to new steps, and practice time. The below fee applies to both individuals and couples (couples need to register together to receive the below rate).

Day: Thursday
Date: 4000.020 - November 6 - December 11 (No class November 27)
Time: 7:05 - 8:00 pm
Fee: R \$89 / NR \$109

Intermediate Swing (ages 18+)

This is a second level class for Swing. Students interested in this class must have taken a beginner level Swing class. Additional steps and turns will be introduced. Get ready for a fast paced class. The below fee applies to both individuals and couples (couples need to register together to receive the below rate).

Day: Thursday
Dates: 4000.021 - November 6 - December 11 (No class November 27)
Time: 8:00 - 9:00 pm
Fee: R \$89 / NR \$109

ADULT EDUCATION

Will Seminar

This will seminar is a simple one-step class for anyone ages 18 years and older which provides a notarized will, general power of attorney, medical power of attorney, and living will by the end of the seminar from an experienced estate planning attorney. This unique three-hour class provides great value to participants by providing finished estate planning documents at a fraction of the typical cost for these documents. Cost includes all materials, witnessing, notarizing, individual review, and plenty of time for discussion and questions. Participants do not need to bring anything to class. Cost is per person. All materials provided. **Registration deadline is October 10. You will pay the instructor the day of the class. Please bring your driver's license to class.**

Day: Monday
Date: 5325.310 – October 13
Time: 5:30 – 8:30 pm
Fee: R \$109 / NR \$135

Rubber Stamping

Come join us to make beautiful handmade cards, using fabulous stamp sets and supplies, cool tools, and techniques. Bring your own scissors and double sided adhesive tape. **Registration deadline is one week prior to class.**

| | |
|-------------------------------|-------------------------------|
| Day: Monday | Day: Monday |
| Date: 5316.309 – September 15 | Date: 5317.309 – September 15 |
| 5316.310 – October 20 | 5317.310 – October 20 |
| 5316.311 – November 17 | 5317.311 – November 17 |
| Time: 12:00 – 1:15 pm | Time: 1:15 – 2:30 pm |
| Fee: R \$4 / NR \$6 | Fee: R \$4 / NR \$6 |

Jewelry Making Without Soldering

This introductory workshop offers adults the opportunity to experience fundamental jewelry making minus the torch. Five fun sessions allow participants to get acquainted with simple pliers and hand tools. Assembly, wire shaping, wrapping and hammering include the variety of techniques covered. No prior experience necessary.

Tools to purchase prior to class: tapered flat nose pliers, flat nose pliers, & chain nose pliers (Sets available at craft supply stores or hardware store. Approximate investment \$25.00.) A \$10 material fee is due to instructor at first class. Registration deadline is 2 weeks prior to class.

Day: Wednesday
Date: 5329.309 – September 17 – October 15
5329.310 – October 22 – November 19
Time: 11:00 am – 1:00 pm
Fee: R \$65 / NR \$79

Watercolor – Mastering the Medium

All levels are welcome to this class. We will touch on multiple subjects, from floral to portrait, as well as pure abstract design. Controlling and learning to get the most from this majestic and sometimes elusive medium will be the primary focus. **Pick up the supply list from Guest service (materials are not provided). For additional information, contact Dianne at iwidom@earthlink.net, www.diannewidom.com, or 720.524.4893. Instructor: Dianne Widom**

Day: Tuesday
Date: 5326.309 – September 23 – October 28
Time: 1:30 – 4:00 pm
Fee: R \$59 / NR \$75

Special Events

REGISTER TODAY!



THE GREAT ERIE OUTDOOR ADVENTURE SEPTEMBER 6 & 7

You love it, so we brought it back! Join us for the 5th year of “The Great Erie Outdoor Adventure” on September 6 & 7! Don’t miss Erie’s #1 Family Event! This is an outdoor and nature-based event where participants enjoy overnight camping in the Erie Community Park plus other activities such as a climbing wall, kayak tanks, mountain bike course/demo, and a variety of environmental education vendors. Community dinner, outdoor movie, and many fun contests too! We expect over 750 participants this year! Register early!

REGISTRATION OPENS JULY 26TH!



The full schedule of events will be available on our website on Tuesday, September 2.

Fee per campsite: R \$45 / NR \$55 includes up to 6 participants per campsite, all activities, dinner, movie, and contest prizes. Registration deadline is Sunday, August 31 or when campsites sell out!

MARK YOUR
CALENDARS
FOR THESE
COMMUNITY
EVENTS!

For more information, please call 303.926.2550 or visit the event site at www.erieco.gov/specialevents.

COAL MINERS CLASSIC • Friday, September 6 • Colorado National Golf Club

ERIE BISCUIT DAY • Saturday, September 20 • Historic Downtown Erie

BRIGGS STREET BOMB • Sunday, September 21 • Historic Downtown Erie

MINER’S BLAST • Saturday, October 4 • Historic Downtown Erie

COUNTRY CHRISTMAS & PARADE OF LIGHTS • Friday, December 5 • Historic Downtown Erie

VISIT WWW.ERIECO.GOV/SPECIALEVENTS FOR MORE EVENT INFORMATION!

Special Events (cont.)

TRUNK OR TREAT

AT THE ERIE COMMUNITY CENTER

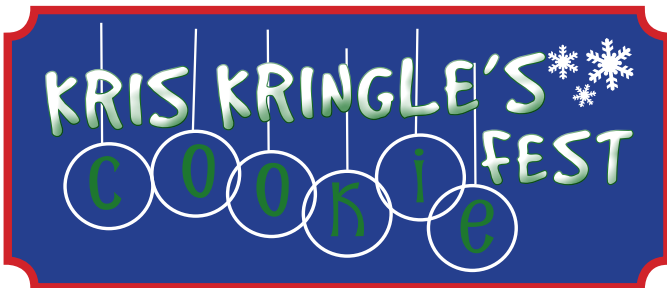
SATURDAY, OCTOBER 25 • 3:30 - 5:30 PM

You have heard of going door to door, why not consider going trunk to trunk? Join us for the best Halloween event in Town! Vehicles decorated by volunteers and area businesses will line the parking lot at the Erie Community Center for this year's 9th annual event!

Prizes will be awarded for best trunk.

Event is FREE - no registration is needed to attend.

TRUNKS NEEDED! We need area businesses and volunteers to decorate their trunks or tailgate and provide candy or small prizes for their trunk-or-treaters. Please call 303.926.2550 for more information or to register your trunk after September 14.



Monday, December 22 • 1:00 - 3:00 pm

Start your holiday season off with a bang at this year's event! Have your 5-12 year old join us for holiday crafts, cookie decoration and eating, games, and much more! Parents are welcome to come with their child. All supplies will be provided. This event is included in the Camp Erie registration fee for December 22.



VOLUNTEERS - WE NEED YOU!

**VOLUNTEERS ARE NEEDED THROUGHOUT THE YEAR FOR:
SPECIAL EVENTS, ACTIVE ADULTS, PARKS PROJECTS, YOUTH SPORTS COACHES, AND MORE!**

View more information about volunteer needs and our Volunteer Incentive Program online at www.erieparksandrec.com!

Youth Sports

Please visit www.quickscores.com/erie for league information, free agent lists/info, schedules, maps, surveys, and much more!

Volunteer Coaches Needed! If interested, please contact volunteer@erieco.gov.

FOOTBALL

Instructional Football (ages 4-5)

This program introduces children to the fundamentals of flag football which include passing, running, catching, defense, and sportsmanship. Classes are held once per week for five weeks and games will not be played. Fee includes a t-shirt and all equipment is provided. Parent helpers welcome! Please let staff know you wish to help. Registration deadline is one week prior to the first class.

Day: Tuesday
Date: 1133.209 - August 26 - September 23

Day: Wednesday
Date: 1133.210 - August 27 - September 24

Day: Thursday
Date: 1133.211 - August 28 - September 25

Time: 6:00 - 6:45pm
Fee: R \$25 / NR \$29

NFL Punt, Pass & Kick (Ages 6-15)

Join in the fun with the NFL Punt, Pass & Kick (PPK) competition where girls and boys in five separate age divisions compete against each other in punting, passing, and place kicking events. In addition to determining who can throw and kick the farthest, NFL PPK encourages kids to get active and have fun by playing football. Participants may only participate in one local competition. Online registration deadline is September 17. Day of registration will begin at 2:30 pm and the competition will begin at 3:00 pm. Location: Mitchell Field (450 Powers St)

Day: Saturday
Date: 1174.309 - September 20
Time: 3:00 pm
Fee: FREE



SOCCER

Little Kickers Soccer (ages 4-5)

Little Kickers is a 7 week recreational league designed to focus on fundamentals in a fun environment. Practices and games will be held on Saturday mornings at Lehigh Park (Erie Commons). There will be a meet and greet on Saturday, September 13 for kids to receive their shirts, meet their teammates and Coach, and have a short practice. Games begin on September 20. Game days will consist of a 30 minute team practice followed by a 30 minute game against an opposing Erie team. Shin guards are not required, but highly recommended. All teams coached by parent volunteers; if interested in coaching, please contact volunteer@erieco.gov. Registration deadline is September 1.

Day: Saturday
Date: 1178.106 - September 13 - October 25
Fee: R \$35 / R\$45

1st - 2nd Grade Soccer (ages 6-8)

1st & 2nd Grade Soccer is a great progression to league play where children can put their dribbling, passing, shooting, and defensive skills to use in games against other Erie teams. Teams practice once or twice per week and play games on Saturday mornings and/or afternoons. Fee includes a t-shirt, shorts and socks. All players must provide their own shin guards (required). Molded soccer cleats (toeless front cleat) are recommended, but not required. All teams coached by parent volunteers; if interested in coaching, please contact volunteer@erieco.gov. Registration deadline is August 10.

Day: Monday – Saturday
Date: September 2 – October 25
Grade: 1st Grade: 1178.307
2nd Grade: 1178.308
Fee: R \$49 / NR \$59

Challenger Soccer Camps (ages 6-14)

Challenger Sports has established itself as the premier provider of soccer camps in North America, and has created a unique camp experience that teaches more than just dribbling, shooting, heading, and passing. Challenger's "Skill Development Camp" is taught by professional British trainers and provides players with an experience that combines technical instruction, tactical training, competitive play and lots of fun! Registration deadline is one week prior to the first class. For more information or to register, please visit www.challengersports.com or contact Gianluca at ghorsfall@challengersports.com.



| DAY | DATE | TIME | AGES |
|---------|--------------------------|----------------|--------|
| Monday | September 8 - October 13 | 5:30 - 6:30 pm | 6 - 8 |
| Monday | September 8 - October 13 | 6:30 - 7:30 pm | 9 - 14 |
| Tuesday | September 9 - October 14 | 5:30 - 6:30 pm | 6 - 8 |
| Tuesday | September 9 - October 14 | 6:30 - 7:30 pm | 9 - 14 |

Youth Sports (cont.)

TENNIS HUSTLE SPORTS



Youth Tennis (ages 4-15)

A fun introduction to tennis for beginners or great continuation for more advanced students! All strokes are covered from forehand to backhand, plus volleys, overhands, net shots, and serves depending on the needs of the participant. This class is high energy with a variety of drills and plenty of fun games. Get your kids involved in a sport they will play for a lifetime! Classes meet every Tuesday and Thursday for three weeks. Please bring a racquet and water to class.

Tiny Tots Tennis (ages 4-6)

Day: Tuesday & Thursday
Date: 1154.207 - August 12 - August 28
1155.207 - September 2 - September 18
Time: 4:20 - 4:50 pm
Fee: R \$69 / NR \$85

Youth Beginner Tennis (ages 7-15)

Day: Tuesday & Thursday
Date: 1155.208 - August 12 - August 28
1159.207 - September 2 - September 18
Time: 4:55 - 5:45 pm
Fee: R \$69 / NR \$85

Youth Advanced Tennis (ages 7-15)

Day: Tuesday & Thursday
Date: 1156.208 - August 12 - August 28
1157.207 - September 2 - September 18
Time: 5:50 - 6:40 pm
Fee: R \$69 / NR \$85

Private Tennis Lessons (ages 7-15)

Looking to improve your game? Please contact Steven Donahue at 303-547-7177 or steven@hustlesports.com for more information about private lessons.



PRESCHOOL SPORTS

PE Mix (ages 3-5)

PE Mix introduces children to basic sports such as basketball, soccer, tee ball, and individual sports with a strong emphasis on FUN! Classes are held once per week for five weeks. Fee includes a t-shirt and all equipment is provided. Parent helpers welcome! Please let staff know you wish to help. Registration deadline is one week prior to the first class.

Day: Monday (Civic Green)
Date: 1130.309 - September 15 - October 13
Time: 5:10 - 5:55 pm

Day: Monday (Civic Green)
Date: 1131.309 - September 15 - October 13
Time: 6:00 - 6:45 pm

Fee: R \$25 / NR \$29

Youth Sports (cont.)

BASKETBALL

Little Dribblers Basketball (ages 4-5)

Little Dribblers is a great program to teach children basic fundamentals such as dribbling, passing, shooting, and defense. Classes are held once per week for five weeks. Official games will not be played and travel is not required. Fee includes a t-shirt and all equipment is provided. We welcome parent helpers! Please let one of the staff know you wish to help. Registration deadline is one week prior to the first class. No classes on November 24, 26 or 27.

Day: Monday
Date: Session I ~ November 3 – December 8
Time: 4:00 - 4:45 pm - 1100.311
4:50 - 5:35 pm - 1101.311
Date: Session II ~ January 26 – February 23
Time: 4:00 - 4:45 pm - 1108.301
4:50 - 5:35 pm - 1109.301

Day: Wednesday
Date: Session I ~ November 5 – December 10
Time: 4:00 - 4:45 pm - 1104.311
4:50 - 5:35 pm - 1105.311
Date: Session II ~ January 28 – February 25
Time: 4:00 - 4:45 pm - 1112.301
4:50 - 5:35 pm - 1113.301

Day: Thursday
Date: Session I ~ November 6 – December 11
Time: 4:00 - 4:45 pm - 1106.311
4:50 - 5:35 pm - 1107.311
Date: Session II ~ January 29 – February 26
Time: 4:00 - 4:45 pm - 1114.301
4:50 - 5:35 pm - 1115.301

Fee: R \$25 / NR \$29

1st & 2nd Grade Basketball (ages 6-8)

1st & 2nd Grade Basketball is a great introduction and progression to league play where children can put their dribbling, passing, shooting, and defensive skills to use in games against other Erie teams. Teams practice once per week and play games on Saturday mornings and/or afternoons. Fee includes a t-shirt. All teams coached by parent volunteers; if interested, please contact volunteer@erieco.gov. **Registration deadline is January 4. Space is limited, please register early.**

Day: Monday – Saturday
Date: January 19 – March 7
Grade: 1st Grade Coed - 1116.301
2nd Grade Coed - 1117.301
Fee: R \$49 / NR \$59

Please visit www.quickscores.com/erie for league information, free agent lists/info, schedules, maps, surveys, and much more!

Volunteer Coaches Needed! If interested, please contact volunteer@erieco.gov.



NVAA 3rd – 6th Grade Basketball (ages 9-12)

Players continue to build upon fundamental basketball skills while incorporating game strategies in a slightly more competitive environment. The Northern Valley Athletic Association (NVAA) consists of other agencies in the area and traveling is required. Teams practice in Erie once per week and play games at both home and away locations (times/locations TBD). Fee includes a game jersey. All teams coached by parent volunteers; if interested, please contact volunteer@erieco.gov. **Registration deadline is October 26. Space is limited, please register early.**

Day: Monday – Saturday (November 10 – February 14)
No Practices: 11/24 - 11/28; 12/22 - 1/2
Boys: 3rd Grade Boys - 1108.311
4th Grade Boys - 1109.311
5th Grade Boys - 1110.311
6th Grade Boys - 1111.311
Girls: 3rd Grade Girls - 1112.311
4th Grade Girls - 1113.311
5th Grade Girls - 1114.311
6th Grade Girls - 1115.311

Fee: R \$59 / NR \$69

7th & 8th Grade Basketball (ages 13-15)

This recreational basketball league allows boys and girls, in separate leagues, the opportunity to compete against each other in an organized setting. Teams play in the Longmont Recreation League and traveling is required. Teams practice in Erie once per week and play games at both home and away locations (times/locations TBD). Fee includes a game jersey. All teams coached by parent volunteers; if interested, please contact volunteer@erieco.gov. **Registration deadline is November 16. Space is limited, please register early.**

Day: Monday – Saturday
Dates: December 1 – February 28
No Practices: 11/24 - 11/28; 12/22 - 1/2
Boys: 7th Grade Boys - 1100.312
8th Grade Boys - 1101.312
Girls: 7th & 8th Grade Girls - 1102.312
Fee: R \$59 / NR \$ 69

Youth Sports (cont.)

General Information

National Alliance for Youth Sports (NAYS)

The Town of Erie has embraced the philosophies set forth by NAYS, comprised of an assembly of 48 of the nation’s leading experts representing a vast variety of disciplines affecting youth sports. NAYS seeks to make the sports experience safe, fun and healthy for ALL children. In addition, NAYS promotes the value and importance of sports and physical activities in the emotional, physical, social and mental development of youth. The Alliance believes that participation in sports and activities develops important character traits and lifelong values.



Inclement Weather - SAFETY IS OUR NUMBER ONE PRIORITY

Every attempt will be made to allow practices and play games; however, if field and/or weather conditions present an unsafe environment for participants, spectators, coaches, officials, and/or staff we will postpone or cancel practices and games. Field supervisors are instructed to err on the side of caution when it comes to inclement weather decisions.

Please call the weather hotline at 303-926-2550 (option 4). Weather information can also be found on www.quickscores.com/erie. Weather information is updated by 4:00 pm on weekdays or 8:00 am on weekends. There are three situations to listen for:

- All games and practices will be played as scheduled
- All games and practices have been cancelled
- The fields are open and it is the coach’s decision to cancel practice (This could mean it is raining, but fields are in good condition, or there is abnormally cold or hot weather. In this situation, please assume you are to practice as scheduled unless you hear differently from your coach)

Please visit www.quickscores.com/erie for league information, free agent lists/info, schedules, maps, surveys, and much more!

Volunteer Coaches Needed! If interested, please contact volunteer@erieco.gov.

Uniforms

The uniform order is placed immediately following the registration deadline. Add-ons (late registrations) will be sent weekly thereafter and may NOT be available by your first game. There are sample uniform sizes available at Guest Service. We strongly encourage you to use these to determine your child’s correct size prior to ordering. If you order the wrong size, you will be responsible for the replacement cost. Uniform colors and numbers are chosen completely at random and uniforms may not be modified in any way.

Special Requests

ONLY ONE REQUEST WILL BE CONSIDERED FROM THE FOLLOWING THREE TYPES OF REQUESTS:

- 1) *Coach Request* – A request for the participant to play on a specific coach’s team. Please confirm with the coach prior to registration that the coach is in fact coaching this season/sport/age division.
- 2) *Player/Friend Request* – A request to play on the same team as a specific player/friend. Both friends must request each other for the request to be considered.
- 3) *Practice Day Request* – A request to practice on a specific day or time. We do our best to accommodate these requests; however, each coach selects the team’s practice days and times.

Priority is given based on registration date and time, please register early. We will attempt to honor requests, but must retain the right to deny any request in order to maintain team equality. Therefore, requests are taken, but not guaranteed!

Season Timeline

| EVENT | ACTIVITIES |
|-----------------------------|--|
| Registration Opens | Register, make special requests (if any), coaches pick practice days/times |
| Registration Closes | Form teams, recruit additional coaches (if necessary), order uniforms, conduct coach’s meeting |
| Week prior to 1st practice | Distribute rosters to coaches, coaches contact parents regarding practice days/times |
| Week prior to 1st game | Distribute game schedules and uniforms to coaches |
| Mid-Season to End of Season | Picture day, updated schedule/league information, pictures and awards distributed to coaches |
| End of Season | Optional team party and opportunity to evaluate program or league |

National
ALLIANCE
For Youth Sports



Adult Sports

SOFTBALL

Adult Fall Softball (ages 18+)

It's not time to hibernate yet! Register now for Fall Softball and play seven total games with a single-elimination tournament for all teams. \$150 down reserves your spot. Registration deadline is August 24.

| | |
|-------|--|
| Day: | Tuesday: September 2 – October 28 2150.309 – Men's (D) 2151.309 – Men's (E) |
| Day: | Wednesday: September 3 – October 29 2152.309 – Mixed (D) 2153.309 – Mixed (E) |
| Day: | Friday: September 5 – October 24 2154.309 – Men's (D) 2155.309 – Men's (E) 2156.309 – Mixed (D) 2157.309 – Mixed (E) |
| Time: | 6:15, 7:15, 8:15 or 9:15 pm |
| Fee: | R \$385 |

SOFTBALL LEAGUE CLASSIFICATIONS:

- E LEAGUE PLAY** – Recreation (1 homerun per game, all others are outs). The team is a balance of newer players and those with some playing experience. Some established teams.
- D LEAGUE PLAY** – Upper (3 homeruns per game, all others are outs). The team is a balance of experienced and average players looking for a higher level of play who regularly play in leagues and some tournaments.

FLAG FOOTBALL

Adult Flag Football (ages 18+)

Meet us on the gridiron every Thursday for Flag Football. This is a recreational, 5 vs 5 league that plays seven total games with a single-elimination tournament. \$150 down reserves your spot. Registration deadline is August 10.

| | |
|---------|---|
| Day: | Thursday |
| Date: | August 21 – October 30 (No games September 4) |
| League: | 2190.208 – Coed Rec 2191.208 – Men's Rec |
| Time: | 6:15, 7:15, 8:15 or 9:15 pm |
| Fee: | R \$319 |

VOLLEYBALL

Adult Volleyball (ages 18+)

Register now for Adult Volleyball and join in the fun of playing in a league! This league is recreational and provides eight total games with a single-elimination tournament. Registration deadline is September 1.

| | |
|--------|--------------------------------------|
| Day: | Wednesday |
| Date: | 2120.309 - September 10 - November 5 |
| Times: | 7:15, 8:10, or 9:05pm |
| Fee: | R \$289 |

SOCCER

Adult Soccer (ages 18+)

This coed league is played 6 vs 6 on a smaller field, allowing you to enjoy the game you love without the conditioning required to play on a full-sized field. Teams play a total of seven games with a single-elimination tournament. No male/female ratio required. \$100 reserves your spot. Registration deadline is September 7.

| | |
|-------|---|
| Day: | Sunday |
| Date: | 2170.309 – September 14 – November 2 |
| Time: | 9:00 am, 10:00 am, 11:00 am or 12:00 pm |
| Fee: | R \$289 |

BASKETBALL

Men's Basketball (ages 18+)

It's time to hit the court for Fall Basketball! Teams play 5 vs 5. The fall season provides eight total games with a single-elimination tournament. \$150 reserves your spot. Registration deadline is September 1.

| | |
|---------|-------------------------------|
| Day: | Sunday |
| Date: | September 14 – November 9 |
| League: | 2100.309 – Upper Recreational |

| | |
|---------|--------------------------|
| Day: | Tuesday |
| Date: | September 9 – November 4 |
| League: | 2101.309 – Recreational |

| | |
|-------|--|
| Time: | 3:00, 4:00, or 5:00 pm - Sundays 7:15, 8:15 or 9:15 pm - Tuesdays |
| Fee: | R \$345 |

RACQUETBALL

Racquetball League (ages 18+)

Register now for racquetball! This recreational league plays eight total matches with a single-elimination tournament. Registration deadline is three days prior to each league.

| | |
|-------|---------------------------------------|
| Day: | Tuesday |
| Date: | 2130.309 - September 23 - November 18 |
| Time: | 6:00, 6:45, 7:30, or 8:15 pm |

| | |
|------|--------|
| Fee: | R \$29 |
|------|--------|

For additional tournament information, please visit the Colorado Racquetball Association website www.coloradoracquetball.com

Please visit www.quickscores.com/erie for league information, free agent lists/info, schedules, maps, surveys, and much more!

Adult Sports

TENNIS



Beginner Tennis (ages 16+)

Learn all the basic strokes such as forehand, backhand, serve, return of serve, volleys, and overheads. You will also learn the basic rules and how to score so you can go out with your friends and have a great time. Racquets required. Classes held at the Erie Community Park tennis courts. Registration deadline is one week prior to the first class.

Day: Tuesday & Thursday
Date: 2142.208 - August 12 - August 28
2143.208 - September 2 - September 18
Time: 6:45 - 7:35 pm
Fee: R \$69 / NR \$85

Intermediate Tennis (ages 16+)

A great continuation and advanced tennis class for adults. We review all strokes with heavy emphasis on correct form. You will also learn the basic rules and how to score. This class is fast paced with plenty of drills and games to keep all participants interested. All levels welcome! Racquets required. Classes held at the Erie Community Park tennis courts. Registration deadline is one week prior to the first class.

Day: Tuesday & Thursday
Date: 2145.208 - August 12 - August 28
2144.208 - September 2 - September 18
Time: 7:40 - 8:30 pm
Fee: R \$69 / NR \$85

Private Tennis Lessons

Looking to improve your game? Please contact Steven Donahue at 303-547-7177 or steven@hustlesports.com for more information about private lessons.

50+ SPORTS

DROP-IN 50+ ADULT SPORTS SCHEDULE:

| SPORT | DAY | TIME | LOCATION |
|-------------------------------|--------------------|--------------------|----------------------|
| Racquetball (singles/doubles) | Wednesday & Friday | 9:00 - 11:00 am | Racquetball Court #1 |
| Pickleball | Monday | 11:00 am - 1:00 pm | Gym |
| Pickleball | Tuesday | 11:00 am - 1:00 pm | Gym |
| Pickleball | Thursday | 12:30 - 2:30 pm | Gym |
| Pickleball | Friday | 1:30 - 3:30 pm | Gym |
| Volleyball | Friday | 11:00 am - 1:00 pm | Gym |

PICKLEBALL

2nd Annual Coal Miner's Open Pickleball Tournament

Join us for the 2nd Annual Coal Miner's Open Pickleball Tournament! Teams of two are guaranteed three matches with the opportunity to play more. Awards will be given to each division champion. Paddles are available for use, but it's highly recommended that you provide your own. Registration deadline is November 5.

Day: Saturday
Date: November 15
Division: 2148.223 - Men's Doubles, Age 50-62 Rec
2148.224 - Men's Doubles, Age 63+ Rec
2147.249 - Mixed Doubles, Age 50-62 Rec
2147.223 - Mixed Doubles, Age 63+ Rec
2148.226 - Women's Doubles, Age 50-62 Rec
2148.227 - Women's Doubles, Age 63+ Rec

Time: Matches begin at 9:00 am

Fee: R \$25 / NR \$29 (per team)

DROP-IN ADULT SPORTS SCHEDULE (AGES 18+)

| WALLYBALL | |
|-----------------------|----------------------|
| Day: | Wednesday |
| Time: | 6:00 - 9:00 pm |
| Location: | Racquetball Court #1 |
| RACQUETBALL CHALLENGE | |
| Day: | Thursday |
| Time: | 6:00 - 9:00 pm |
| Location: | Court #1 & Court #2 |

RESIDENT/NON-RESIDENT TEAMS

To qualify as a resident team, 50% or more of the roster must be Erie residents. Please call for non-resident rates.

OPEN GYM SCHEDULE

Please contact the Center or look online for open gym times as they will vary throughout the seasons.

VOLLEYBALL

50+ Coed Volleyball

Play in a league designed specifically for participants 50 years of age or older through the Colorado Senior Volleyball Association! Teams practice on Mondays and play games on Wednesdays at locations throughout the Front Range. Erie Parks & Recreation jerseys must be worn for all league play and cost an additional \$25. Jerseys may be re-used. Registration deadline is October 29.

Day: Wednesday
Date: January 7 - March 11
Recreation - 2121.301
Intermediate Recreation - 2122.301
Upper Recreation - 2123.301
Time: 6:00, 6:45, 7:30, or 8:15 pm
Fee: 60+ R \$49 / NR \$59
50-59 R \$59 / NR \$75

50+ Team Captains/Representatives are needed!
Please call 303-926-2790 for additional information.

Active Adults 60+

COLUMBINE LOUNGE ACTIVITIES

The Columbine Lounge is open Monday – Friday, 8:00 am – 4:00 pm. You are welcome to stop by for a cup of coffee, join others who are playing a variety of games, log on to one of our computers, read a book, play a game of pool, or enjoy visiting with others. Participation in the lounge is free of charge to residents and non-residents.

Did you know we have many board games and puzzles available for your use? Also, we have a book and movie exchange. If you have a book or movie you would like to recycle, please leave it on the bookshelf in the Lounge for someone else’s enjoyment.

DROP-IN ACTIVITIES

Join us during these times when others will be participating in the following activities. These scheduled times are ongoing. All activities in Columbine Lounge unless otherwise noted.

| | | |
|--|-------------------|-----------------------|
| Monday & Friday | 9:00 am | *Coffee Talk |
| *First Monday of the month enjoy Coffee with a Cop | | |
| Monday | 1:00 pm | Hand & Foot Canasta |
| Tuesday | 12:30 pm | Party Bridge |
| Wednesdays | 11:00 am | Toys for Kids |
| 1st & 3rd Friday | 9:00 am – 1:00 pm | Painting, Lehigh Room |
| Fridays | 1:00 pm | Drop In Games |

50+ COED SPORTS / DROP-IN SPORTS

For more information on these programs, please see page 31.

FRIDAY AFTERNOON BINGO

Join in on the fun in this friendly game of BINGO and an afternoon to socialize with friends. Registration is not required. Bingo is played in the Mitchell room. Prizes are sponsored by Life Care Center of Longmont.

Date: 1st Friday of the Month
Time: 1:30 pm
Fee: FREE

THURSDAY LUNCHES

Lunches are provided by The Friendly Fork: Weld County Senior Nutrition program every Thursday at 12:15 pm. Join us for the social time beginning at 11:00 am. Reservations are required no later than Tuesday at 5:00 pm by calling 303.926.2795.

\$3.00 – Suggested Donation for 60+
\$10.00 – Fee for 59 & younger

AFTER LUNCH ENTERTAINMENT

After the Thursday lunch, join us for free entertainment. Entertainment begins at approximately 12:45 pm and is open to anyone, whether you eat lunch with us or not. Entertainment will not be scheduled for every lunch. Please check the schedule in the Active Adult/ SilverSneakers® newsletter or call 303.926.2795.

COMMUNITY RESOURCE PROGRAM

If you need information or assistance connecting to local resources for seniors (60+) and their families residing in Erie, please call 303.926.2795.

PARTNERSHIP PROGRAMS

FOOT CLINICS

A registered nurse provides a full range of services to treat your feet on the 4th Tuesday of each month. Call Summercares at 303.651.5224 to make an appointment and for fee information.

MEDICARE OR MEDICAID COUNSELING

Free counseling is available to you for help with Medicare or Medicaid issues. Reserve a 45 minute, one-on-one appointment with a SHIP counselor, specially trained on Medicare insurance and Medicaid low-income programs. They can help you fill out forms or answer questions. **Appointments are available from 12:00-3:00 pm on the 3rd Thursday of each month.** Call 303.926.2795, to reserve your appointment for.

BLOOD PRESSURE CHECKS

Blood pressure checks are a free service offered by the Mountain View Fire Department. They are offered on the 1st Thursday of every month from 11:00 am – Noon. There is no need to make a reservation, just stop in the Briggs room for a free check.

HEARING SCREENINGS

AudigyCertified Family Hearing Centers is “HEAR” for You from 9:00 - 11:00 AM in the Lehigh Room. Complimentary services provided include wax removal, hearing screenings, hearing aid maintenance & repairs. Sign up for a consultation for your EAR-related needs and/or questions, 303.926.2795. September 18, November 20.

VIA MOBILITY

Via Mobility Services is a mobility manager providing accessible on-demand transportation, individual and group travel training and mobility options information and referral for older adults, people with disabilities, low-income individuals and others living with mobility limitations. Via’s on-demand transportation program provides a dedicated vehicle in Erie on Thursdays from 7:30 am to 5 pm for any trip purpose within the community. Via’s on-demand transportation program also provides service to Erie residents to travel to Louisville, Lafayette, Boulder and Longmont on Mondays, Wednesdays, Thursdays and Fridays on a space available basis. Ride requests may be made up to seven days in advance. To get started with any of Via’s services or to find out more information, please call 303.447.2848 and ask to speak with one of our mobility specialists.

Active Adults 60+ (cont.)

TRIPS

Casino Trips: Mardi Gras Casino

Sit back and relax as you are comfortably taken to the Mardi Gras Casino. The casino package includes \$10 food credit, \$5 free play on card, and free drinks while gambling. You must use your player card to earn points and receive package. **You must be age 21 to enroll for these trips. Meals are on your own. Fee includes transportation. Registration deadline is one week prior to date.**

Day: Monday
Date: 5335.307 – September 29
5335.310 – October 27
5335.311 – November 24
Time: 8:30 am – 4:00 pm
Fee: R \$3 / NR \$5

Casino Trips: New Year's Eve at Noon

Sit back and relax as you are comfortably taken to the Mardi Gras Casino. The casino package includes \$10 food credit, \$5 free play on card, and free drinks while gambling, plus a Champaign toast at noon with all the party favors. You must use your player card to earn points and receive package. **You must be age 21 to enroll for these trips. Meals are on your own. Fee includes transportation. Registration deadline is one week prior to date.**

Day: Wednesday
Date: 5335.312 – December 31
Time: 9:30 am – 5:00 pm
Fee: R \$5 / NR \$9

Rockies vs. Giants

Take me out to the Ball Game and watch the Rockies play the Giants! Enjoy a fall afternoon in the sun with a cold drink in one hand and hotdog in the other. **Fee includes game and transportation. Food is own your own. Registration deadline is August 18.**

Day: Wednesday
Date: 5324.309 – September 3
Time: 12:00 – 5:30 pm
Fee: R \$19 / NR \$25



Coors Brewery Tour & Lunch

Since 1873 the Coors brewery has thrived on a legacy of quality, innovation and customer service. The tour showcases the company's history and passion for brewing. Your tour takes place in the world's largest single-site brewery. At the end of the tour, view old photos, neons, historical beer cans, bottles and memorabilia, and have the opportunity to sample the refreshing products. Purses, backpacks, large bags of any type are not permitted in the brewery or on tour. These items cannot be brought on property or checked. You may bring a wallet. After the tour you will eat lunch at the Capitol Grill. **Fee includes tour and transportation. Lunch is own your own. Registration deadline is August 29.**

Day: Friday
Date: 5318.309 – September 12
Time: 9:30 am – 2:30 pm
Fee: R \$9 / NR \$12

Platte Valley Trolley Ride and Lunch

What a way to spend a beautiful fall day in Denver. First enjoy a ride on an open trolley car along the scenic South Platte Greenway and see Denver from an open-air "Breezer"! After the ride you will Dive Into a Dining Adventure – at the Downtown Aquarium. Your underwater adventure begins as you are seated around the 50,000 gallon centerpiece aquarium, which allows exceptional floor-to-ceiling viewing from all tables. The unparalleled offerings at Aquarium feature only the freshest fish, seafood, steaks, and more. **Fee includes transportation and trolley ride. Lunch is on your own. Registration deadline is September 10.**

Day: Friday
Date: 5327.309 – September 26
Time: 11:00 am – 3:00 pm
Fee: R \$12 / NR \$16

Elk Bugling at RMN Park & BBQ Dinner

As Fall approaches, the elk of Rocky Mountain National Park move from the high mountains to the lush meadows for the annual breeding season. We will stop at the Visitor's Center before going into the park, then head in for a BBQ meal, hamburger, hotdogs, potato salad, backed beans and dessert, prepared by our staff. You will finish eating just in time to watch the Elk rut and bugle. **Fee includes transportation, park and meal. Registration deadline is September 15.**

Day: Tuesday
Date: 5314.309 – September 30
Time: 2:30 – 8:30 pm
Fee: R \$12 / NR \$16

Active Adults 60+ (cont.)

TRIPS (continued)

Seven Brides for Seven Brothers, Candlelight Playhouse

“Goin’ courting” has never been as much fun as in this rip-roaring stage version of the popular MGM movie. Milly is a young bride living in the 1850’s Oregon wilderness whose plan to civilize and marry off her six rowdy brothers-in-law to ensure the success of her own marriage backfires when the brothers, in their enthusiasm, kidnap six women from a neighboring town to be their brides. **Fee includes show, dinner, coffee, tea, soda, tax, tip and transportation. Upgrades to menu items are extra. Registration deadline is September 14.**

Day: Sunday
Date: 5324.310 – October 5
Time: 12:00 – 6:00 pm
Fee: R \$49 / NR \$59

Denver Botanic Gardens – Chihuly Exhibit

Denver Botanic Gardens presents the Rocky Mountain Region’s first major outdoor exhibition of artwork by celebrated American artist, Dale Chihuly. Chihuly’s sculptures – ranging in size and form – add bold colors and dramatic beauty to the Gardens’ 24-acre urban oasis. Chihuly is credited with revolutionizing the Studio Glass movement and elevating the perception of the glass medium from the realm of craft to fine art. His art is displayed throughout the gardens and will be illuminated for your after dark viewing. After you will have dinner at California Pizza Kitchen. **Fee includes transportation, and Gardens. Lunch is on your own. Registration deadline is September 29.**

Day: Tuesday
Date: 5323.310 – October 14
Time: 4:00 – 9:30 pm
Fee: R \$19 / NR \$25

Banjo Billy Tour & Lunch

If you thought Boulder was funky, you don’t know the half of it. On this 90 minute Boulder tour you will learn about current traditions, crazy folk lore and the history that formed this old mining supply town. Before the tour we will enjoy lunch at Dushanbe Teahouse. **Fee includes transportation, and tour. Lunch is on your own. Registration deadline is September 12.**

Day: Friday
Date: 5327.310 – October 31
Time: 11:00 am – 4:00 pm
Fee: R \$25 / NR \$29



Veterans Salute

This is the 20th Annual Aurora Veterans Salute, honoring Military Families which takes place at the Wings Over the Rockies Air & Space Museum. The celebration includes a sponsor social, museum tour, lunch and program. **Fee includes transportation, Veterans Salute and lunch. Registration deadline is September 19.**

Day: Wednesday
Date: 5320.311 – November 5
Time: 9:00 am – 2:00 pm
Fee: R \$25 / NR \$29

Denver Art Museum – Brilliant: Cartier in 20th Century

The DAM will host the world-exclusive exhibition of Brilliant: Cartier in the 20th Century, featuring striking jewelry, timepieces and decorative objects produced between 1900 and 1975. This exhibition highlights Cartier’s rise to preeminence and the historical events pushing the brand’s evolution as it transformed itself into one of the world’s most prestigious names in jewelry and luxurious accessories. You may enjoy lunch at the museum. **Fee includes exhibit, museum and transportation. Lunch is on your own. Registration deadline is November 3.**

Day: Tuesday
Date: 5319.311 – November 18
Time: 9:00 am – 3:00 pm
Fee: R \$29 / NR \$35

Fiddler on the Roof – Boulder Dinner Theater

In the little village of Anatevka, Tevye, a poor dairyman, tries to instill in his five daughters the traditions of his tight-knit Jewish community in the face of changing social mores and the growing anti-Semitism of Czarist Russia. Fiddler on the Roof has touched audiences around the world with its humor, warmth and honesty. **Fee includes show, dinner, coffee, tea, soda, tax, tip and transportation. Upgrades to menu items are extra. Registration deadline is October 20.**

Day: Sunday
Date: 5326.311 – November 23
Time: 1:00 – 5:00 pm
Fee: R \$39 / NR \$49



Active Adults 60+ (cont.)

TRIPS (continued)

Oxford Hotel Art & Lunch

The Oxford Hotel in downtown Denver's LoDo historic district maintains a compelling collection of western art dating from the late 19th and early 20th centuries. Boasting talent from well-known to nearly anonymous – the hotel's collection has been compiled to suit the western essence of The Oxford itself. After, you will enjoy lunch at the hotel as well. **Fee includes transportation and hotel tour. Lunch is on your own. Registration deadline is November 13.**

Day: Monday
Date: 5322.312 – December 1
Time: 10:00 am – 2:30 pm
Fee: R \$9 / NR \$12

Dinner & Holiday Lights Tour

Start out by having a down home country meal at the White Fence farm. Your meal will include chicken, their famous hot corn fritters, pickled red beets, creamy coleslaw, scrumptious kidney bean salad, special blend cottage cheese, dessert and beverage. After dinner, sit back and relax as you are driven around the Denver City and County Building and the beautifully decorated Windsor Gardens. **Fee includes transportation and full meal which includes tax and tip. Registration deadline is December 1.**

Day: Tuesday
Date: 5321.312 – December 16
Time: 3:30 – 8:30 pm
Fee: R \$25 / NR \$29

Scrooge at Jesters Theater

Based on Charles Dickens' classic A Christmas Carol, this musical version was a hit movie in the early 1970's featuring Albert Finney as Ebenezer Scrooge, and featuring the memorable song "Thank You Very Much." **Fee includes show, dinner, coffee, tea, soda, tax, tip and transportation. Upgrades to menu items are extra. Registration deadline is November 17.**

Day: Sunday
Date: 5325.312 – December 21
Time: 12:00 – 5:00 pm
Fee: R \$29 / NR \$35

TALKS

Bone Health

Learn valuable information about osteoporosis risk factors, assess your own personal risk and learn preventive exercises. Talk presented by staff from Summit Rehab at Life Care Center of Longmont. **Registration deadline is 1 week prior to class.**

Day: Friday, September 5 – 5311.309
Time: 10:30 – 11:30 am
Fee: Free

Dizziness, Balance, And Fall Risk Reduction

Tips to minimize the dangers of falls as well as simple exercises to improve balance and treatment options for dizziness and vertigo. Also, you will learn how to get off the floor safely, to assess when and if it is ok to get up independently, and the importance of sharing falls information with health care professionals and family members. Talk presented by staff from Summit Rehab at Life Care Center of Longmont. **Registration deadline is 1 week prior to class.**

Day: Friday, September 19 – 5312.309
Time: 10:30 – 11:45 am
Fee: Free

Osteoarthritis

Discuss causes of and treatments for this debilitating disease, including simple exercises you can do at home. Talk presented by staff from Summit Rehab at Life Care Center of Longmont. **Registration deadline is 1 week prior to class.**

Day: Friday, October 3 – 5313.310
Time: 10:30 – 11:30 am
Fee: Free

Maintain Your Brain

Techniques for improving your memory and information about different types of memory deficits, including age-related memory loss and dementia. Talk presented by staff from Summit Rehab at Life Care Center of Longmont. **Registration deadline is 1 week prior to class.**

Day: Friday, October 24 – 5318.310
Time: 10:30 – 11:30 am
Fee: Free

Hearing and Vertigo

An audiologist and a physical therapist combine forces to talk about hearing loss and dizziness and effective approaches to treating them. Talk presented by staff from Summit Rehab at Life Care Center of Longmont. **Registration deadline is 1 week prior to class.**

Day: Friday, November 7 – 5318.311
Time: 10:30 am – 12:00 pm
Fee: Free

Joint Series

Three part series on the major joints of the body – shoulder, knee, and hip -including dysfunction associated with each area and treatment options. Talk presented by staff from Summit Rehab at Life Care Center of Longmont. **Registration deadline is 1 week prior to class.**

Day: Friday, November 21 – 5321.311
Time: 10:30 – 11:30 am
Fee: Free

Active Adults 60+ (cont.)

GRANDPARENT/GRANDCHILD DAYS

Tea at the Denver Museum of Miniatures, Toys & Dolls

This afternoon tea, hosted by the Oak and Berries Tea Room, will create memories for a lifetime with your grandchildren. You will enjoy a traditional English tea including sandwiches, scones, strawberries and cream, yummy pastries, along with a pot of perfectly brewed tea; and a scavenger hunt of the museum. Every sip stirs the imagination. **Fee includes transportation, tea and museum entrance. Registration deadline is September 10. Grandchild age is 7 and over, 2 grandchildren per grandparent.**

Day: Saturday
Date: 5328.309 – September 20
Time: 11:00 am – 2:30 pm
Fee: R \$19 / NR \$25

Boo at the Zoo

The Boo at the Zoo offers more than 25 trick-or-treat stations, creepy crawly animal demonstrations and exciting family-friendly entertainment under the canopy of the beautiful fall foliage of Denver Zoo. **Fee includes transportation and zoo entrance. Meals are on your own. Registration deadline is October 10. Age 7 and over, 2 grandchildren per grandparent.**

Day: Saturday
Date: 5328.310 – October 25
Time: 9:30 am – 2:30 pm
Fee: R \$15 / NR \$19



Earring Gifts for the Holidays

Create three different styles of beaded earrings: Satellite Coiled Bead, Chain Maille Drop, and Flower Coiled. This is a class for Grandparents and Grandchildren to spend fun quality time together creating memories and designing gifts. **There is a \$5 material fee due to instructor the day of class. Registration deadline is October 16. Age 9 and over, 2 grandchildren per grandparent.**

Day: Saturday
Date: 5330.311 – November 1
Time: 11:00 am – 1:00 pm
Fee: R \$15 / NR \$19

Family Tree Pendant

Weave the members of your family into a colorful pendant or sun catcher using seed beads within a circular frame. This is a class for Grandparents and Grandchildren to spend fun quality time together creating memories and designing gifts. **There is a \$3 material fee due to instructor the day of class. Registration deadline is November 6. Age 9 and over, 2 grandchildren per grandparent.**

Day: Saturday
Date: 5331.311 – November 22
Time: 11:00 am – 1:00 pm
Fee: R \$15 / NR \$19



Color Me Mine & Lunch

This is a day to create, eat and explore with your grandkids. First you will spend time at Color Me Mine – a paint it yourself pottery studio. Cindy will pick up all the master pieces and let you know when you can get them later in the week. What a great way to get some presents done for the grandkids' parents! After you are done creating, spend the afternoon having lunch with your grandchild, maybe even some ice cream and you should have time to shop at the Orchard Shopping Center. **Fee includes transportation. Pottery, lunch and shopping are on your own. Registration deadline is October 29. Age 7 and over, 2 grandchildren per grandparent.**

Day: Saturday
Date: 5328.311 – November 15
Time: 10:30 am – 2:30 pm
Fee: R \$5 / NR \$9

Hammond's Candy Cane Festival

Start the holidays off with your grandchildren and enjoy a day of holiday fun at the Annual Candy Cane Festival. Sample candy made fresh before your eyes during the FREE tours of the candy factory. Santa and Mrs. Claus will be showing up to meet the kids. There will also be cookie decorating, face painting, arts and crafts for the kids. Adults will enjoy caroling, trolley rides, mini factory tours and more! Fee includes transportation and festival. **Treats and shopping are on your own. Registration deadline is November 24. Age 7 and over, 2 grandchildren per grandparent.**

Day: Saturday
Date: 5328.312 – December 13
Time: 8:00 am – 12:00 pm
Fee: R \$5 / NR \$9

Active Adults 60+ (cont.)

CLASSES

Rubber Stamping

Come join us to make beautiful handmade cards, using fabulous stamp sets and supplies, cool tools, and techniques. Bring your own scissors and double sided adhesive tape. **Registration deadline is one week prior to class.**

Day: Monday
Date: 5316.309 – September 15
5316.310 – October 20
5316.311 – November 17
Time: 12:00 – 1:15 pm
Fee: R \$4 / NR \$6

Day: Monday
Date: 5317.309 – September 15
5317.310 – October 20
5317.311 – November 17
Time: 1:15 – 2:30 pm
Fee: R \$4 / NR \$6

Jewelry Making Without Soldering

This introductory workshop offers adults the opportunity to experience fundamental jewelry making minus the torch. Five fun sessions allow participants to get acquainted with simple pliers and hand tools. Assembly, wire shaping, wrapping and hammering include the variety of techniques covered. No prior experience necessary. **Tools to purchase prior to class: tapered flat nose pliers, flat nose pliers, & chain nose pliers (Sets available at craft supply stores or hardware store. Approximate investment \$25.00.) A \$10 material fee is due to instructor at first class. Registration deadline is 2 weeks prior to class.**

Day: Wednesday
Date: 5329.309 – September 17 – October 15
5329.310 – October 22 – November 19
Time: 11:00 am – 1:00 pm
Fee: R \$65 / NR \$79

Watercolor – Mastering the Medium

All levels are welcome to this class. We will touch on multiple subjects, from floral to portrait, as well as pure abstract design. Controlling and learning to get the most from this majestic and sometimes elusive medium will be the primary focus. **Pick up the supply list from Guest service (materials are not provided). For additional information, contact Dianne at iwidom@earthlink.net, www.diannewidom.com, or 720.524.4893. Instructor: Dianne Widom**

Day: Tuesday
Date: 5326.309 – September 23 – October 28
Time: 1:30 – 4:00 pm
Fee: R \$59 / NR \$75

AARP Driver Safety

AARP's class is designed to sharpen driving knowledge and skills and to develop strategies that can reduce likelihood of having a crash. Learn how aging, medications, alcohol and other health-related issues affect driving ability, and ways to adjust to allow for these changes. Learn how to drive safely when sharing the road with other road users. Graduates may be able to qualify for a discount on auto insurance. This class is taught by AARP Volunteers. **Registration deadline is one week prior to class. You will pay the instructor the day of the class.**

Day: Friday
Date: 5311.311 – October 10
Time: 8:30 am – 1:00 pm
Fee: AARP Member \$15 / Non Members \$20

Will Seminar

This will seminar is a simple one-step class for anyone ages 18 years and older which provides a notarized will, general power of attorney, medical power of attorney, and living will by the end of the seminar from an experienced estate planning attorney. This unique three-hour class provides great value to participants by providing finished estate planning documents at a fraction of the typical cost for these documents. Cost includes all materials, witnessing, notarizing, individual review, and plenty of time for discussion and questions. Participants do not need to bring anything to class. Cost is per person. All materials provided. **Registration deadline is October 10. You will pay the instructor the day of the class. Please bring your driver's license to class.**

Day: Monday
Date: 5325.310 – October 13
Time: 5:30 – 8:30 pm
Fee: R \$109 / NR \$135

LOOKING FOR EXTENDED TRAVEL TRIPS?

Italy: Tuscany and Cinque Terre: Visit Siena, Montepulciano, Rome, Pienza and Cinque Terre, offering a variety of dramatic cliff walks overlooking the Mediterranean coastline.

Autumn East: Witness the magnificent fall colors of New England... a train ride into the White Mountains, eat lobster on the coast. Then head to the Finger Lakes of Upstate NY. Ferry up to Niagara Falls, tour the Rock and Roll Hall of Fame and end in Amish country.

For more information, call 303.926.2795.

Active Adults 60+ (cont.)

FITNESS & WELLNESS

HEALTHWAYS SILVERSNEAKERS® FITNESS PROGRAM

The Healthways SilverSneakers® Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. Your SilverSneakers fitness membership includes: access to our basic amenities such as our heated pool, private locker rooms, indoor track, state-of-the-art fitness equipment, racquetball courts, and lounge; SilverSneakers classes and other classes we offer such as water aerobics, yoga, Nia® or Zumba Gold®; most important, your membership is available to you at no cost through your health plan. Regular participation in SilverSneakers can help you build muscular strength, improve joint mobility and increase cardiovascular endurance, leading to improved health and greater independence. More than 1 million members nationwide already enjoy SilverSneakers. Join them today and bring your SilverSneakers card and/or health plan ID to our Guest Service, and our friendly staff will help you enroll! SilverSneakers is a registered mark of Healthways, Inc.

SilverSneakers® New Member Meeting

Meet your SilverSneakers Program AdvisorSM and learn all about the many benefits of your SilverSneakers membership and fitness classes offered. Call 303.926.2795 for more information.

Day: Wednesday
Date: 5351.209 – September 10
5351.210 – October 8
5351.211 – November 12
5351.212 – December 10
Time: 10:00 – 11:00 am
Fee: Free

Erie Never Stops Walking (ages 50+)

Join us on the Erie Community Center walking track for this indoor walking program. We will gather on Mondays as a group on the bridge and then walk the track for an hour. You can then choose to walk one other day during the week as your second day. On Mondays the group is led by a staff member who is there to assist and help you. We will track our progress on a map as we walk across the United States. After each session we will have a party to celebrate our great successes! Registration is not required. For questions or more information, please call 303.926.2795.

Day: Mondays & 1 Other Day During the Week
Date: September 15 – November 7
Time: 10:00 – 11:00 am
Fee: Free for SilverSneakers members and ECC Pass holders
Daily admission for all others per visit



Introduction to Qi-Gong and Tai-Chi Chuan

Qi-gong (Energy Cultivation) is the practice of coordinating one's mind, breathing, and body movement to improve circulation throughout the body. Based on one's practice, mental attitude, metabolism, sleep, physical strength and balance, and thus over-all health will display significant improvement. This 75 minute class will consist of learning such movements as the: Yuan Gong, Pai Da Gong and the Ba Duan Jin (Eight Section Brocade). Tai-chi Chuan (Boundless Fist) uses the mind to lead the body and trains tranquility in motion. Slowness, lightness, balance, calmness and clarity are its qualities. Students will be taught the 13-Posture Form. Loose clothing is recommended. **Registration deadline is one week prior to class start date.**

Day: Tuesdays
Date: 5314.211 – September 2 - 30
Time: 11:30 am – 12:45 pm
Fee: R \$45 / NR \$55

Day: Tuesdays
Date: 5314.212 – October 7 - 28
Time: 11:30 am – 12:45 pm
Fee: R \$35 / NR \$45

Day: Tuesdays
Date: 5315.212 – November 4 - 25
Time: 11:30 am – 12:45 pm
Fee: R \$35 / NR \$45

Day: Tuesdays
Date: 5316.212 – December 2 - 30
Time: 11:30 am – 12:45 pm
Fee: R \$45 / NR \$55



Active Adults 60+ (cont.)

FITNESS & WELLNESS (cont.)

Meditation Made Easy

If you feel that stress, tension and pain are becoming too much a part of your life, this is the class for you. Through this deeply relaxing form of seated, guided meditation you will acquire the tools that you can use in your everyday life to release anxiety, relieve pain, have more energy, and sleep more soundly. This is meditation made easy and a wonderful gift to give to yourself. **Registration deadline is one week prior to class start date.**

Day: Mondays
Date: 5306.306 – September 8 – October 13
5307.306 – November 3 – December 15
*no class 11/24
Time: 9:00 – 9:45 am
Fee: R \$29 / NR \$35

Nordic Walking

Nordic walking is defined as fitness walking with specially designed light-weight poles. The many benefits appeal to people of different ages and fitness levels and is especially useful for people with balance concerns, Arthritis, MS and Parkinson's. Two of the best things about it is that it can be done anywhere; sidewalks, trails, parks, and in any kind of weather. Learning the correct technique allows you to "open up" the short and tight muscles in front of the body (hip flexors, pectorals and shoulder muscles), and strengthen weak muscles in the back of the body (calves, hamstrings, glutes, back and triceps). By sitting too much, we create this front/back imbalance. This class will meet in the Lehigh room to start and then move to the Civic Green. Dress appropriately for being outdoors. Taught by Hope Engel PT, DPT, GCS, Outpatient Rehab Manager, Summit Rehab. **Please bring your own poles if you have them. The instructor will have poles available for sale. Registration deadline is one week prior to class start date.**

Day: Wednesday
Date: 5311.310 – September 3 - 24
Time: 8:45 – 9:45 am
Fee: R \$19 / NR \$25

Day: Wednesday
Date: 5312.310 – October 1 - 29
Time: 11:00 am – 12:00 pm
Fee: R \$25 / NR \$29

Day: Tuesday
Date: 5314.310 – November 4 – November 25
Time: 1:00 – 2:00 pm
Fee: R \$19 / NR \$25



SPECIAL EVENTS

Vintage Las Vegas Night and Dinner

Join the Erie Active Adults and enjoy a great catered meal, breaded pork chops, roast garlic mash potatoes with cheddar cheese, green beans, salad and bread, and amazing entertainment, by Jerry Moskowitz, at Erie's Casino Royale held at the Erie Community Center. You can come dressed in your best Vintage Vegas attire if you wish! There will be casino games and fabulous prizes! We will have Black Jack, Poker, Roulette and Bingo. Everyone has a chance to win a prize during the raffle. **Registration deadline is September 14. This event is sponsored by Summit Vision Care. Call 303.926.2795 to register.**

Day: Friday
Date: 5332.309 – September 19
Time: 6:00 – 8:00 pm
Fee: R \$10 / NR \$13

A Night at the Theater

This is the night that, you, the audience gets to be part of the show. This evening will be filled with One Act plays and small performances by a performing group, and maybe even you! It is going to be a night of fun and laughs. Oh yes, and a catered meal of Roast Virginia Fowl with chestnut stuffing, baked yams, cauliflower with cheese sauce, salad and bread (honest Abe's last meal at the theater), all held at the Erie Community Center and for the Active Adults. **Registration deadline is October 12. Call 303.926.2795 to register. This event is sponsored by Jeannie Hulse Insurance & Financial Services, Inc. State Farm.**

Day: Friday
Date: 5332.310 – October 17
Time: 6:30 – 8:00 pm
Fee: R \$10 / NR \$13

Birthday Parties

BIRTHDAY PARTIES

All parties include one hour of activity and one hour in the party room. Activities include admission to the indoor playground, swimming pool, or climbing wall, for up to 10 children. An additional fee will be charged for each additional child. The Center will provide a quarter sheet cake in your choice of two flavors, candles, juice, balloons, plates, tablecloths, napkins, and silverware. Our staff will set up, decorate, and clean up.

Mini-Miners Indoor Playground Party

This package includes party room rental and admission for up to 10 children to the indoor playground. Available only to children 9 years and younger.

*Mini-Miners will still be available to public during party time.

Fee: R \$75 / NR \$89

Swimming Pool Party

Includes party room rental and admission for up to 10 children to the swimming pool area.

* For swimming parties the parent child ratio must be as follows:

- 1 adult for ever 5 children, under 6 years old
- 1 adult for every 10 children, ages 6 and above
- 1 adult for ever 2 children wearing any type of flotation device. Children must be within arms reach at all times.
- Accompanying adults must be in the water at all times!

Fee: R \$95 / NR \$115

Climbing Wall Party

Includes party room rental and one hour of belay rides for up to 10 children (with a certified climbing staff member).

*Climbing waiver required for all participants.

Fee: R \$109 / NR \$135

Skate Park Party (ages 5-17)

Come join Square State Skate for your special day at the Erie Community Skate Park. Participants will learn all about skateboarding, from the very beginners to the kiddos who can already shred a little. Two members from the Square State Skate staff will supervise party participants while they play some skateboard related games like skate tag, skate soccer, and even get crazy with skate dodgeball! Parties are limited to 20 participants and all parties include one hour of activity and one hour at the Skate Park pavilion (please note, the hour of activity at the Skate Park is not exclusive use). The party fee includes a small gift for the birthday boy/girl and snacks or pizza for up to 20.

Day: Saturdays Only

Fee: R \$199 / NR \$249

AVAILABLE COLORS (CHOOSE ONE):

Party Color Choices:

Pink
Purple
Blue
Red
Green
Orange
Black
Yellow

Cake/Icing Choices - Vanilla or Chocolate

ADDITIONAL INFORMATION

Fees for additional children:

| | |
|---------------|----------------|
| Mini-Miners | R \$3 / NR \$4 |
| Swimming Pool | R \$4 / NR \$5 |
| Climbing Wall | R \$5 / NR \$6 |

Pizza is available upon request (\$10 extra per pizza)



Parks, Athletic Fields & Shelters



| | Ballfields | Basketball | Drinking Fountains | Fishing | Walking Trails | Handicapped Access | In-Line Hockey Rink | Parking | Picnic Tables | Bar-B-Q Grills | Playground | Portable Restrooms | Soccer/Playing Fields | Tennis Courts | Sand Volleyball | Skate Park | Electricity | Shelter Occupancy | Total Acres |
|--|------------|------------|--------------------|---------|----------------|--------------------|---------------------|---------|---------------|----------------|------------|--------------------|-----------------------|---------------|-----------------|------------|-------------|-------------------|-------------|
| Arapahoe Ridge Park 1750 Powell Street | • | | | | | • | | • | • | • | • | • | • | • | | | | 8 | 7.3 |
| Coal Creek Park 575 Kattell | • | | | | | • | | • | • | • | • | • | • | | | • | | 8 | 7 |
| Coal Miners Park 470 Cheesman | | | | | | • | | • | • | • | • | • | | | • | | • | 72 | 1 |
| Columbine Mine Park 1936 Skyline Drive | • | | | | • | • | • | • | • | • | | • | • | | | | • | 30 | |
| Country Fields Park 1801 Tynan Drive | • | | • | | • | • | | • | • | | • | • | • | | | | | 8 | 29 |
| Crescent Park 1300 Lombardi Street | | | • | | • | • | | • | • | • | • | • | • | | | | • | 36 | |
| Erie Community Park (ECP) 450 Powers Street | • | | • | | • | • | | • | • | • | • | • | • | • | | • | • | see below | 41 |
| Erie Lake North of Arapahoe on HWY 287 | | | | • | • | • | | • | | | | • | | | | | | | 31 |
| Lehigh Park 751 Eichhorn Drive | | | • | | • | • | | • | • | • | • | • | • | | | | • | 42 | 6 |
| Longs Peak Park 311 Wheat Berry Drive & 339 Meadow View Parkway | • | • | | | • | • | | • | • | • | • | | • | | | | | 12 | 5 |
| Reliance Park 900 WCR 1.5 | • | | • | | | • | | • | • | | • | • | • | | | | • | 12 | 18 |
| Thomas Reservoir 2000 N. 119 th Street | | | | • | • | • | | • | • | | | • | | | | | | 12 | 33 |

PARKS RESERVATIONS

Rent one of the many shelters at the Erie Community Park for your next party, family reunion, picnic or more! Please contact the Center at 303.926.2550 for rental fees and availability.

ERIE COMMUNITY PARK SHELTERS

| (fees are per 2 hours) | Occupancy Seated | Resident | Non-Resident | Non-Profit |
|---------------------------|------------------|----------|--------------|------------|
| Garfield (entire shelter) | 100 | \$40 | \$50 | \$35 |
| Jackson (East Wing) | 50 | \$20 | \$25 | \$17 |
| Stewart (North Wing) | 25 | \$15 | \$20 | \$13 |
| McGregor (South Wing) | 25 | \$15 | \$20 | \$13 |
| Concession (West) | 24 | \$15 | \$20 | \$13 |
| Concession (East) | 24 | \$15 | \$20 | \$13 |
| Skate Park (Shelter Only) | 8 | \$10 | \$13 | \$9 |

ATHLETIC FIELD PERMIT DATES

Permit dates available:
March 15 - November 15
** Please Note: Athletic Fields are not available to rent April - July due to Sports Programming*

Permit applications will be accepted from November 1 - December 15 for priority consideration. Applicants will be notified the first Town business day in January. After December 15, applications will still be accepted and considered on a first come, first serve basis.

PARK SHELTER PERMIT DATES

Spring
March 15 - May 31
(permits open to R - January 2 / NR - January 9)

Summer
June 1 - August 31
(permits open to R - April 1 / NR - April 8)

Fall
September 1 - November 15
(permits open to R - July 1 / NR - July 8)

Facilities & Amenities



ERIE
COMMUNITY
CENTER

| | Resident* | Non-Resident* | Non-Profit* |
|-----------------------------------|-----------|---------------|-------------|
| Party Room | \$30 | \$39 | \$25 |
| Lehigh Multi-Purpose Room (stage) | \$30 | \$39 | \$25 |
| Lloyd Multi-Purpose Room | \$40 | \$50 | \$30 |
| Briggs Multi-Purpose Room | \$40 | \$50 | \$30 |
| Mitchell Multi-Purpose Room | \$40 | \$50 | \$30 |
| Garfield Commons (4+Kitchen) | \$150 | \$189 | \$125 |
| Kitchen | \$50 | \$65 | \$40 |
| Indoor Playground (After Hours) | \$75 | \$95 | \$60 |
| Bouldering/Climbing Wall | \$75 | \$95 | \$60 |
| 1/2 Gym | \$30 | \$39 | \$25 |
| Full Gym | \$60 | \$75 | \$50 |
| Fitness Studio | \$40 | \$50 | \$30 |
| Pool - Lap (After Hours) | \$50 | \$65 | \$40 |
| Pool | | | |
| 0 - 50 people | \$150 | \$189 | \$120 |
| 51 - 100 people | \$200 | \$250 | \$160 |
| 101 - 150 people | \$250 | \$315 | \$200 |

*Prices per hour.

| Occupancy | Classroom seating | Banquet seating | Boardroom seating | Theater seating |
|-----------------------------------|-------------------|-----------------|-------------------|-----------------|
| Lehigh Multi-Purpose Room (stage) | 27 | 32 | 20 | 30 |
| Lloyd Multi-Purpose Room | 45 | 56 | 20 | 72 |
| Briggs Multi-Purpose Room | 54 | 72 | 20 | 90 |
| Mitchell Multi-Purpose Room | 51 | 64 | 20 | 84 |
| Garfield Commons (all 4 rooms) | 96 | 136 | 51 | 220 |

ERIE COMMUNITY CENTER FACILITY PERMIT DATES

Winter/Spring

January 1 - May 31

(permits open R - November 1 / NR - November 8)

Summer

June 1 - August 31

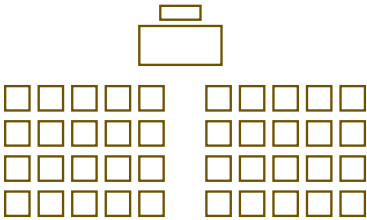
(permits open to R - April 1 / NR - April 8)

Fall

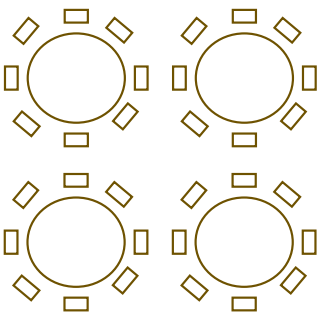
September 1 - December 31

(permits open to R - July 1 / NR - July 8)

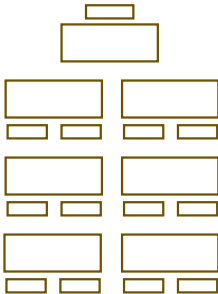
Theater



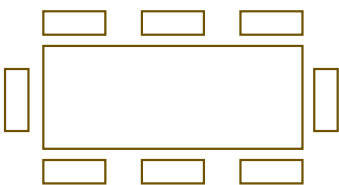
Banquet



Classroom



Boardroom



Registration Information

HOW DO I REGISTER?



Online at www.erieparksandrec.com
Follow the links to our online registration system.



Walk-In - Register in person at the
Erie Community Center

WHEN DO I REGISTER FOR PROGRAMS AND CLASSES?

Residents -
Saturday, July 26

Non-Residents -
Saturday, August 2
Unless otherwise noted, registration deadline is the
Saturday before the first program meeting date.

ACTIVITY REFUND/CANCELLATION POLICY

For activities cancelled by the Parks & Recreation Department, payments will be credited to your account. A refund will be issued upon written request.

A full (100%) credit or refund will be issued if:

- withdrawals are requested at least seven (7) calendar days prior to the activity start date

A 75% credit or refund will be issued if:

- withdrawals are requested up to six (6) calendar days prior to the activity start date

A 50% credit will be issued if:

- withdrawals are requested after activity date begins and before activity session is 50% complete

No credit or refunds will be issued after activity session is 50% complete

Late activity registrations will not be prorated.

PARTICIPATION

Minimum participation is required for many of our activities and classes; the Parks & Recreation Department reserves the right to cancel any class due to low participation numbers. You will be notified prior to the first class if a program has been cancelled.

VOLUNTEER OPPORTUNITIES

For volunteer opportunities with Erie Parks & Recreation please visit our website at www.erieco.gov, click on “Register for a Class” and enter keyword “volunteer”, or email us at volunteer@erieco.gov or call 303-926-2550.

Opportunities available include: Special Events, Youth Sports Coaching, Parks Projects, Active Adults 60+ Programs.

We offer a volunteer incentive program! Earn free passes to the Erie Community Center and more!
Visit our website at www.erieparksandrec.com for details on the volunteer incentive program.



SCAN ME TO VIEW THE CURRENT...

GROUP FITNESS
SCHEDULE!



POOL
SCHEDULE!



CLIMBING WALL
SCHEDULE!



Kids' Nite Out Across America® is offered on Friday nights from 7:00 - 10:30 pm at the Erie Community Center. Kids ages 7 to 14 enjoy contests, games, age-appropriate music, sports, swimming and more!



Parents trust Kids' Nite Out Across America® to provide an active, safe and fun environment. When parents drop their children off, they have peace of mind knowing their kids are safe in a facility that is closed to the public. Staff members who have passed a comprehensive national screening and criminal background check supervise the program and engage the kids.

A parent or authorized adult must fill out a Membership Form the first time each child attends.
Learn more at www.kidsniteout.org/erie

MEMBERSHIP PROMOTION

15% OFF 3-MONTH PASSES!

From September 15 - October 15

Visit Guest Service for additional details.

VISIT ERIE'S TRAILS TODAY!



SCAN ME TO VIEW THE
CURRENT TRAIL MAP!

Erie's recreational trail system provides a community-wide off-road network that connects major destinations and activity centers and provides opportunities for trail loops with areas of interest along the route.

Visit www.erieco.gov/trails to find more about the trail system in Erie, view trail maps and learn about future plans for the trail network.



WWW.ERIECO.GOV/TRAILS

Town of Erie | Parks & Recreation Department

450 Powers Street

P.O. Box 1110

Erie, CO 80516

303-926-2550